BRIGHAM YOUNG UNIVERSITY ▪ PROVO, UTAH ▪ FRIDAY, FEBRUARY 14, 2003

THE DAILY UNIVERSE

LET THERE BE LIGHT

s dangerous as smoking

besity could be more native than people think

See Page 4

VOTE BY NOON

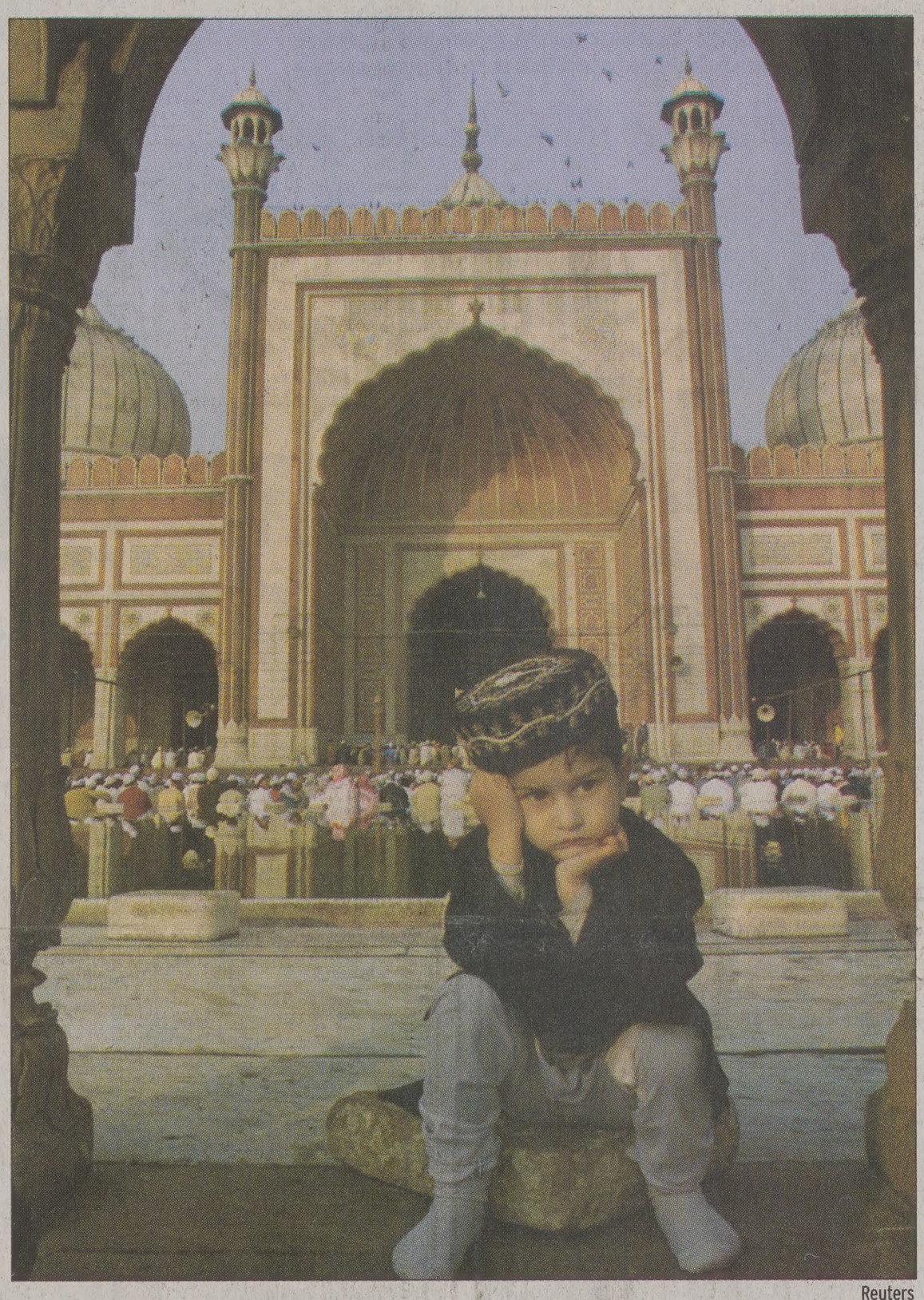
Finalists will be announced at 2 p.m. in the WSC Terrace

BYUSA Elections 2003

Journey of a lifetime to Mecca

By Carrie Sheffield

s a time of spiritual renewal, symbolism
d unity. It is a celebration of culture, histo-
and faith. It is probably the largest annual
ering of people on the face of the earth.
Hajj, the Muslim pilgrimage to Mecca, Saudi
bia, is the fifth pillar of Islamic belief that
es every Muslim who is financially and
sically able must make a journey to Mecca
ast once in his or her lifetime.
Each year, more than 2 million Muslims
er from numerous countries to take part in
ceremonies and rites of the Muslim faith
to commemorate the trials of the prophet
aham and his family.
Those who have completed the pilgrimage
it's a life-changing experience.
"It's so amazing to be a part of it," said
na Baioumy, a native of Egypt who now
s as a software engineer in Lindon.
oumy has completed the Hajj three times.
"It's a very emotional feeling," he said. "It's
t to describe it. God has asked us to go there,
we are answering his call. It's like you are
g to visit God's home."
Palestinian Bashar Sader, 28, a BYU graduate
ent in mechanical engineering, agrees. Sad-
mother completed Hajj last year.
"It's not just a trip. It's about starting a new
," Sader said. "Everybody who goes to Hajj
like they have a new record. They change
l aspects. They try much harder to keep
obligations and their promises and to live
aw of Islam."
here are a limited number of people who
answer the call each year. Mecca can accom-
ate only a fraction of the world's estimated
illion Muslims. Countries with large Islam-
pulations set up quotas or lotteries to
rict the number of attendees.
"They give preference to older people," said
q Zarif, 25, a Bangladesh native studying
rical engineering and president of the Mus-
Student Association at BYU. "There are
ing lists, but I haven't heard of anyone trav-
to Mecca and being turned away."
aioumy said the pilgrims arrive in the city
a, just outside Mecca, where they store
belongings.
efore taking part in the five-day ceremonial
rimage, Muslims must undergo a process of
fication. They wash their bodies and wrap
uselves in large, unstitched pieces of white
.
uring Hajj, participating Muslims must
ain from arguing, hunting, sexual relations
cutting their hair.
The main objective is for people to leave
ything behind in their daily life. Everybody
ual, the small, the big, the white, the black,"
Palestinian Enass Tinah, 28, a graduate stu-
majoring in molecular biology. Tinah's
r completed Hajj in 1983. She said she
s to go within the next 10 years.
fter arriving in Mena, worshipers travel to



Reuters

A Muslim boy sits in front of the Jama Masjid before a morning Eid prayers in Old Delhi. Each year more than 2 million Muslims make the trek to Mecca as part of the five-day ceremonial pilgrimage.

a mountain called Arafat, where they pray, meditate and read the Koran.

After spending the day at Arafat, pilgrims travel to Al Mozdalfa, where they collect small stones. Baioumy said the pilgrims return to Mena, where they throw the stones at a white pillar in a ceremony symbolically described as "stoning Satan."

"They are reminding themselves that they have to fight evil, that Satan is still in the world, and that they need to fight him, especially after they return from Hajj," Tinah said.

Fourteen people were killed and several others injured in a stampede during this year's stoning ceremony. Thirty-five people were killed in 2001, and at least 118 were trampled to death in 1998.

"It's a logistical nightmare," Tinah said.

Hajj usually ends with a feast when Muslims

See MECCA on Page 3

Geneva receives proposal

By JULENE THOMPSON

BlueLynx, a newly formed business partnership, made an offer Wednesday to buy all of Geneva Steel's assets.

This would include 1,780 acres of property between I-15 and Utah Lake, buildings, equipment and all water rights, according to N. Gregory Soter, BlueLynx spokesperson.

"Geneva has reached the end of its life," he said. "It is time to give Geneva its due honor, and put it to permanent rest"

BlueLynx Consortium L.L.C. is a group formed for the sole purpose of dismantling Geneva Steel. It's a group of individuals, businesses, strategic partners, financial partners, legal advisers and community leaders.

Photo by Corey Perrine

N. Gregory Sotor, Bluelynx spokesperson, announces the proposal to buy Geneva.

They could not disclose the dollar amount of the offer.

The group wants to build a whole community over the Geneva area with retail, industrial and housing, said David K. Williams, principal of BlueLynx. They could start within months on the south end of the site.

But the decision to accept the offer is in the hands of Geneva Steel management and its creditors.

"Geneva has an obligation to entertain all offers, and we'll entertain this offer," said Joe Cannon, chairman and a past president and CEO of Geneva Steel. "Our obligation is to maximize the value of Geneva for our creditors."

Many want to use Geneva's property, a now dormant asset, for different reasons, he said.

"Ultimately, the creditors will decide what is the best option for them," Cannon said. "We're intermediaries."

If it gets the go-ahead, BlueLynx will convert the site to a research and development park that would bring together many types of

See GENEVA on Page 3

century of learning

U's oldest student graduates at age of 91

By SARAH BILLS

LAKE CITY — Most people
f it takes them more than five
raduate from college, but C.
lgrove didn't complain at all
k him over half a century.
year-old became BYU's oldest
ver Thursday when President
Bateman, assisted by Elder M.
dard, presented Snelgrove with
degree at his Salt Lake home.
ve completed his independent
se work in December, major-
ish. He planned to participate
pril commencement activities
as diagnosed with cancer last
rding to a BYU news release.
too ill for an interview after

ve briefly enrolled in college
fore leaving to serve a three-
on for The Church of Jesus
atter-day Saints in Mexico.
Snelgrove returned from his
is father asked him to help
mily ice cream business.
ted to go to college, but he
elp his father instead, said
n, Snelgrove's brother-in-law.
ner-son pair defeated the odds,

Photo by Jaren Wilkey

President Merrill J. Bateman congratulates 91-year-old C. Laird Snelgrove on receiving his bachelor of art degree.

turning their operation into a profitable business during the depths of the Depression. They sold ice cream cones for a nickel each, Layton said.

Snelgrove believed in the philosophy "everybody's got a nickel," he said.

"He always had a desire to get a degree, but he was so involved in the ice cream business that there was just no way," Layton said.

During this time, Snelgrove's father, C. R. Snelgrove served several missions for the church and much of the businesses' responsibility fell to the younger Snelgrove.

Business responsibilities combined

See GRADUATE on Page 3

BYUSA Elections 2003

Candidates field questions

By TASHA SOTOMAYOR

Students asked the four 2003-2004 presidential candidate teams questions about their campaigns, platforms and experience Thursday in the WSC Terrace.

"I thought it was a great session. The questions were well prepared," said vice-presidential candidate Bryan Bush, 23, from Portland, Ore., majoring in business management. "The best question of the whole session was when we were asked to say something positive to the candidates to our left."

The question and answer session lasted for one hour and candidates were given one to two minutes to respond to each question.

"I think that the question and answer session helped all the campaigns get their ideas out there," said Brock Blake, 21, a junior from Ogden, majoring in business and part of the Cook and Bush campaigning team. "Sometimes candidates set up questions to make a candidate look bad, or make themselves look good, and that didn't happen."

Presidential candidate Dave Johnson said he believes students need love shown through service and creating a Zion campus.

Photo by Amber Clawson

Jonathan Blood answers a question about his platform. Candidates shared information about what they would do for BYU.

"The debate was wonderful. It gave candidates the opportunity to present their platforms to the students, and that is the key," said Johnson, 25, a junior from Mesa, Ariz., majoring in public relations. "We believe we can achieve the mission of BYUSA, which is a Zion campus. And I think we effectively shared that message with the students. We understand how we can really accomplish that through student radio."

Jonathan Blood said he thinks by thinking outside the box, he will make a difference as president.

"BYU falls into the trap of being a cookie cutter university. We want a unifying theme, but we also want to create strengths in small groups through individuality," he said.

All of the campaign teams agreed the way to unify BYU is through small groups. Students need involvement, and through strengthening clubs, students will be able to find their own niche and help unify BYU, said presidential candidate Natalie Cook, 20, a junior from Ogden majoring in business management.

"I really like both Cook and Johnson, but I think what really swayed me to Johnson was the way Johnson looks at democracy," said Joe Kindt, 21, a sophomore from Osh Kosh, Wis., majoring in art history. "There are two different ways to look at democracy. The first way is to represent the people

See BYUSA on Page 3

[Weather]

TODAY
Showers.
High 48, low 32

SATURDAY
Partly cloudy
High 46, low 33.

YESTERDAY
High 46, low 38, as of 5 p.m.
PRECIPITATION
Yesterday: 0.13"
Month to date: 0.47"
Year to date: 1.09"

Sources: CNN.com, BYU Geography Dept.

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BRIEFING

The world is our campus

Reuters

Relatives Thursday attend a funeral in La Paz for Bolivian police killed during clashes. President Gonzalo Sanchez de Lozada scrapped unpopular tax measures on Wednesday, following two days of protests that included a clash between police and troops outside the presidential palace.

Striking police in Bolivia return to work after two days

LA PAZ, Bolivia (AP) — Striking police officers returned to work Thursday after two days of violent street protests that left 22 people dead and a trail of burned and looted buildings throughout the capital of South America's poorest nation.

People lined the streets of La Paz to cheer police officers as they began to restore order after demonstrators set fire to government buildings and looted stores in a wave of violence that began as a protest against a new income tax that the government suspended to calm the unrest.

Over the two days, 22 people were killed, including at least nine police officers, and 102 were injured, according to Eduardo Chavez, director of La Paz's General Hospital, where most of the casualties were treated.

Earlier Thursday, sirens wailed and bands of looters ran through chaotic central La Paz, where tanks and 400 heavily armed soldiers were deployed near the presidential palace, which was besieged by protesters a day earlier.

Several thousand protesters marched through downtown, shouting slogans against President Gonzalo Sanchez de Lozada.

"Resign or die, those are your options," they chanted. The march, organized by labor groups, ended without violence.

Elsewhere, troops fired tear gas and rubber bullets at groups of looters breaking into shops and buildings.

Five people were injured by rubber bullets, the Red Cross said.

Plane crashes in Columbia

BOGOTA, Colombia (AP) — A U.S. government plane crashed Thursday in southern Colombia, and officials feared the five people aboard — four Americans and a Colombian — were captured and taken away by leftist rebels.

U.S. officials scrambled rescue teams to the sweltering plains of the region, but at least one report said rebels had captured those aboard and announced, "We have them! We have them!" in an intercepted radio transmission.

There was no statement from the Revolutionary Armed Forces of Colombia, or FARC, Colombia's main leftist rebel group. A Colombian military official reported the transmission and said FARC rebels had apparently found the plane.

U.S. officials refused to discuss the mission or identities of those aboard the single-engine Cessna, which went down as it approached Florencia, 235 miles south of Bogota.

Reuters

HAUL AWAY HOME

Actor Rodney Dangerfield's Valentines Day gift of a hot tub to his wife sits on Wilshire Boulevard prior to being delivered by helicopter Thursday to their 21st floor condominium in Los Angeles.

Vatican opens archives

VATICAN CITY (AP) — For years the Vatican has struggled to defend its wartime pope, Pius XII, against claims he was anti-Semitic and didn't do enough to save Jews from the Holocaust.

Now the Vatican is taking the extraordinary step of opening part of its secret archives ahead of schedule, in a bid to silence attacks against a man it is considering for sainthood. Starting Saturday, millions of Vatican documents from the years leading up to World War II will be available to scholars.

The Vatican's chief archivist says he doesn't expect any "shocking revelations" to emerge from the documents — and it will no doubt be months if not years before any findings are published. But Roman Catholic and Jewish scholars say the papers may answer some questions about the policies that shaped Pius' papacy and what the Vatican knew about anti-Semitism in Europe before the war.

Jewish scholars in particular praised the opening, which is occurring a few years ahead of schedule at the express wish of Pope John Paul II. They say it showed the Vatican's private archive was professional, responsible and responsive to the needs of scholars.

Spending bill passes House

WASHINGTON (AP) — The House overwhelmingly approved a vast $397.4 billion spending bill on Thursday, a package pouring taxpayers' money into everything from poor school districts to a probe of the shuttle Columbia disaster to the National Cowgirl Museum in Texas.

By 338-83, lawmakers approved a package financing every agency but the Pentagon for the last two-thirds of the federal budget year. Its scope was underlined by its sheer size: The papers stacked more than 13 inches high, weighed 32 pounds and exceeded 3,000 pages, inviting opponents to use it as a prop to argue that few knew exactly what was in it.

Senate passage, expected by Friday, would end a stalemate that began last year when President Bush demanded lower spending than many in Congress wanted. Bush would sign the bill into law, said White House spokeswoman Claire Buchan .

Reuters

DRUG RING CRUMBLES

Some of the half-million dollars confiscated during Thursday's drug bust in Western New York was later displayed at a press conference. The investigation, called "Operation Deja Vu," dismantled cocaine and heroin trafficking groups that stretched from South America to Buffalo and resulted in 67 arrests.

Texas dentist convicted

HOUSTON (AP) — A woman who ran down her cheating husband with her Mercedes after catching him with his mistress was convicted of murder Thursday despite her tearful claim that she hit him accidentally, while in a heartsick daze.

Clara Harris
Texas Dentist

Clara Harris, 45, could get a life sentence, or a lesser punishment if the jury concludes she acted with "sudden passion." Two jurors wept as the judge read the verdict against the mother of young twins.

Harris showed no emotion as she listened to the verdict. But she burst into sobs as the penalty phase began with her 17-year-old stepdaughter confiding on the witness stand that she had attempted suicide more than once since her father's death last July. The teenager was a passenger in the Mercedes that day.

"I'm sorry, Lindsey! I'm sorry, baby!" Harris cried, prompting the judge to admonish her to get ahold of herself.

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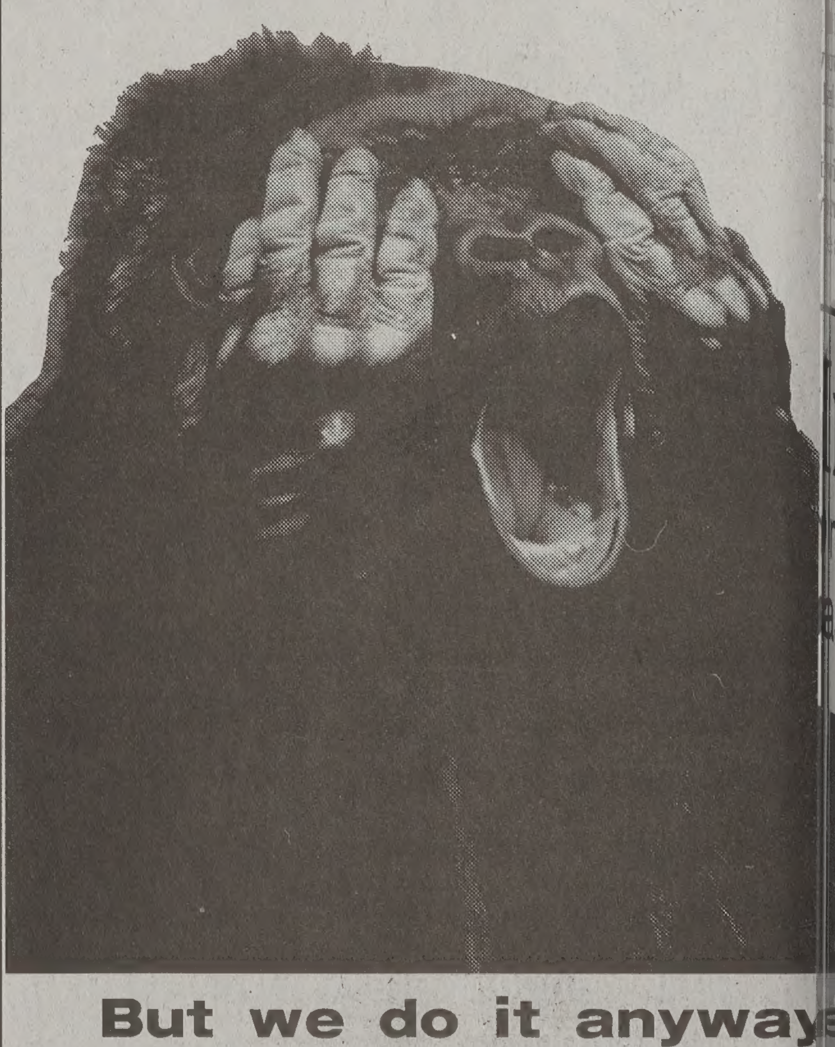

But we do it anyway
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$230 Fall/Winter
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We give you FREE
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· High-speed Internet
· Cable
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Give a heart on Valentine's Day

IVY SELLERS

sts are encouraged to ltimate gift of love this s Day by signing up to a organ donor.

is not only the official owing love, but National y as well.

icest thing that you can ntine's Day to celebrate www.yesutah.org, the f the Utah Donor Reg- re you will find infor- out organ donation as e information to regis- as a donor," said Deen executive director of the Kidney Foundation of recent news release.

g up online to be a ritical, said Luz Lewis ogram director at the National Kidney Foundation of Utah. Just saying "yes" or putting a donor sticker on a driver's license isn't enough.

"The majority of people who decide to become organ donors are probably going to be in a car accident or die suddenly and unless they've registered online, the family will have to give the ultimate consent, even if their license says they want to be a donor," Perez said.

He said deciding whether a loved one wanted their organs donated can be extremely difficult when faced with the decision at such a tragic time and can be easily avoided after spending a few minutes online.

At the national level there are currently 80,664 people on a waiting list for a life-saving organ transplant; 270 of them live in Utah, said Ben Dieterle, public relations coordinator for Intermountain Donor Services.

"Nationally, 17 people die each day while waiting for an organ transplant," Dieterle said. "One organ donor could save up to nine lives and one tissue donor could help at least 50 people."

Organs that can be donated are the pancreas, kidneys, lungs, liver, heart and corneas. Tissue and bone donations can be used to enhance the lives of those who need skin grafts and knee surgery, according to the Intermountain Donor Services Web site.

As of Jan. 24, the Utah Donor Registry has recorded more than 1 million potential eye, organ and tissue donors, but Dierterle said they always need more.

"Seventy percent of the population, between the ages 16 and 74 years old, has registered online to be donors. Our goal is to reach at least 90 percent," he said.

Those encouraging organ and tissue donation include local celebrities LaVell Edwards, former BYU football coach, and the former Miss Utah 2001Jackie Hunt Herrin.

Before leaving to serve a mission for the Church of Jesus Christ of Latter-day Saint, Edwards worked to promote awareness of organ donation opportunities for senior citizens up to 80 years of age, said Dieterle.

Herrin's platform as Miss Utah 2001 was organ, eye and tissue donation.

She said the best thing students can do is sign up online and talk to their family and friends.

"Let them know you want to be a donor," she said.

Not only can students sign up to be a donor at www.yesutah.org ,but today from 10 a.m. to 4 p.m. they can sign up at a booth in the Garden Court at the Wilkinson Student Center.

GENEVA

Company wants to dismantle old business

Continued from Page 1

businesses and even higher education, Soter said. Utah Valley State College is rapidly expanding to become a university, and has indicated interest in becoming a tenant in such a park.

He also said the new "clean, green, and very high-class" facility will bring new businesses to Utah Valley now that Geneva Steel is no longer a viable business for Utah Valley.

Leslie J. Clements, a principal of BlueLynx, said the campus arm helps to attract businesses.

"There is a lot of intellectual property in the universities, and they build a strong employee base," she said. "Utah is one of the top 10 states in research and technology."

She also said she was not concerned about not having enough tenants because the location, adjacent to I-15, is good.

Soter said Geneva is having difficulty competing with other steel producers around the world and the economy has become more information and technology driven with higher demand for cleaner air, water and land.

"It has been more and more difficult for an old smokestack industry to survive," Soter said.

So BlueLynx began 14 months ago with its project. During that time they conducted intensive environmental studies, said Leslie J. Clements, a principal of BlueLynx.

"It is a legend that the property is highly toxic," Clements said.

BlueLynx is strongly committed to the idea of helping the former Geneva employees, Soter said. They would be especially qualified for the dismantling, curbing and infrastructure work.

The project could take as long as 20 years to complete, he said.

CA

as around the world celebrate

Continued from Page 1

ivestock and sacrifice it to commemorate the day tested Abraham.

Arabia has a good system where they take the clean it up, freeze it and send it to poor coun- d the poor," Baioumy said.

Toronto, assistant professor of Asian and near- udies, and his wife have lived in Saudi Arabia, Jordan. He said he sees similarities between m and the Islamic Hajj.

milar to some of the same purposes as our temple nd general conference all rolled into one," Toron- here are people dressed in white, remembering ecting historical events. Strengthening the bonds munity and being spiritually-renewed are all f the Hajj that we find in our religion."

ar's Hajj made headlines after Saudi officials would not allow Hajj to be used as a rallying nti-American sentiments.

y said using Hajj as a forum for anything other ous practice, including anti-American discus- ong.

ouldn't talk about any political issue," Baioumy are praying, asking for forgiveness. You should- anything other than asking for mercy."

r, not everyone agrees.

who are doing the Hajj should be able to express ons," Tinah said. "They should be allowed, even American. Hajj historically was a place where et and discussed what is happening in their

BYUSA

Candidates vie for votes

Continued from Page 1

and give the students whatever they want. Or, the way Johnson says, look here's what I'm going to do, and this is what I stand for and what I will be doing, with specific ideas he's going to deliver."

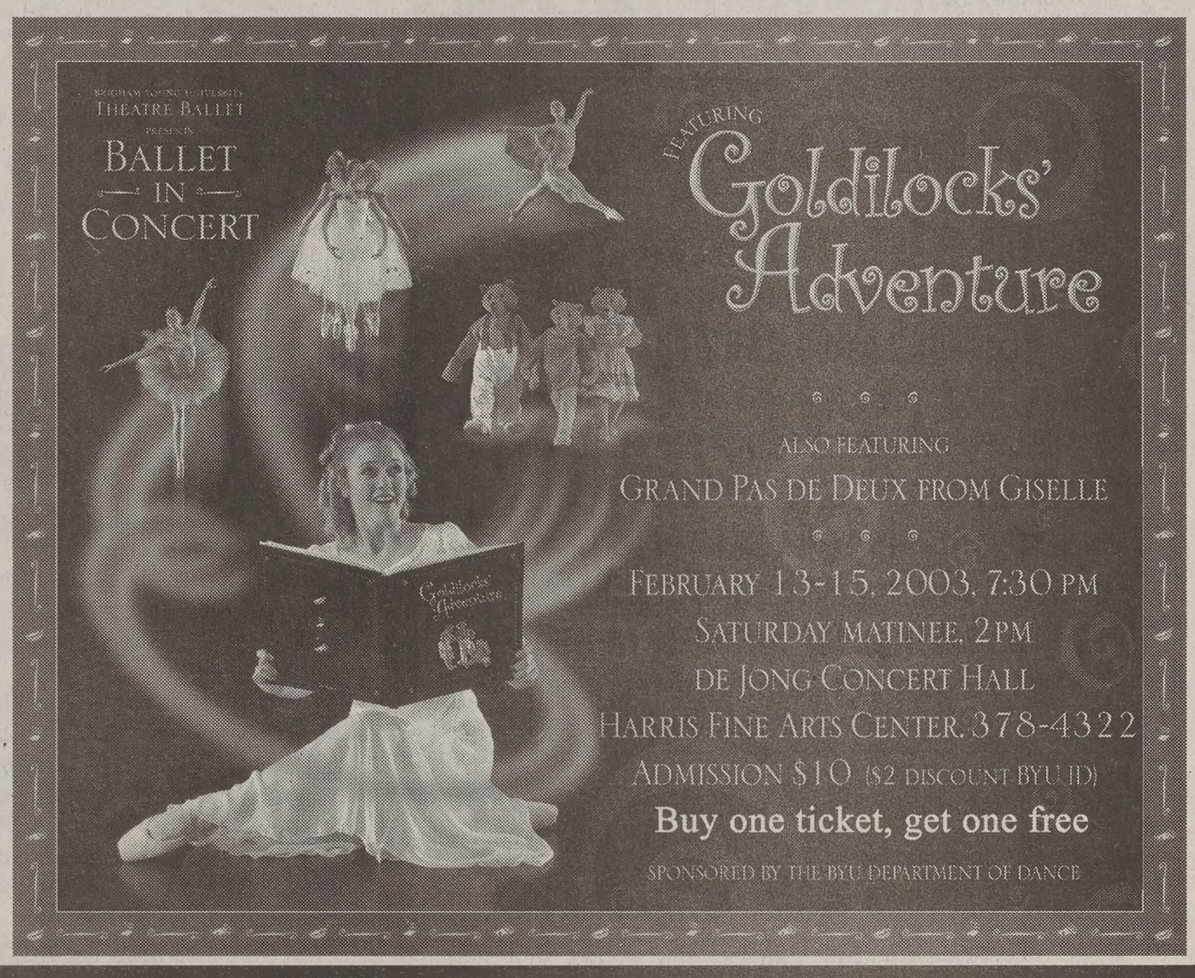
Kindt also said Cook and Bush are excellent campaigners.

"Students see a lot of their posters around campus and it shows that they are organized and on top of things," he said. "They are goers and doers."

Overall, the candidates said they thought students were able to ask questions that helped the campaigning process.

"I felt like there were some really good questions asked," said vice-president candidate Cheyenne Cameron, 24, from Ann Arbor, Mich., majoring in sociology. "They were really deep probing questions, and I appreciate that. It was a good opportunity for me to sit here and hear more about everyone else's campaigns. I was a little nervous, but I feel like it went well," .

It has been a big adventure for all of the candidates to run against each other this week, Bush said. But, he said the candidates are genuine.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duate receives diploma at age 91

nued from Page 1

h, family and commu- ce filled the next 45 elgrove's life.

ed as a bishop, a stake and a mission presi-

oungest child was 13- before he (Snelgrove) the congregation with Edna Snelgrove, his

in 1979, the love he the Spanish language sion influenced Snel- urn to BYU. He was in at the time.

pleted most of his k taking independent attending lectures at Lake City center.

ve found a mentor in Pinero, the head of language department is school district and a ofessor at Westminis- and BYU. He met her while serving as a mission president in Argentina, Layton said.

"He was the best student in the class," said Pinero, who taught both his Spanish and multicultural education classes. "The other students struggled to keep up with him."

Pinero said Snelgrove never wanted special favors. Once when he expressed his fears of forgetting the information for a test, his teacher offered to let him take the test home to work on.

Snelgrove asked the professor if all the students were given that option and declined when he found out that they weren't. He wanted to be like everyone else, Pinero said.

Even after going back to school, Snelgrove found himself occupied with service activities. He was only able to work on school when he could find a little time, his wife said.

But, in spite of this, he kept at his studies, consistently earning high grades.

"He always went above and beyond the call of duty and did more than was required," she said. "He's always been an achiever."

Although it took him more than 20 years of studying, he never thought of giving up, she said.

He set the example for his children, all six of whom graduated from college. His four oldest grandchildren also graduated from BYU, his wife said.

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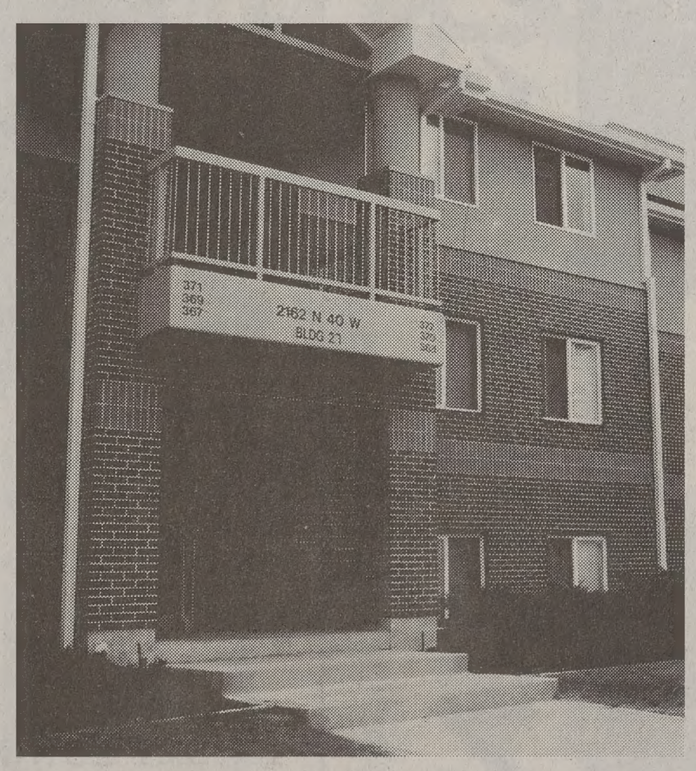

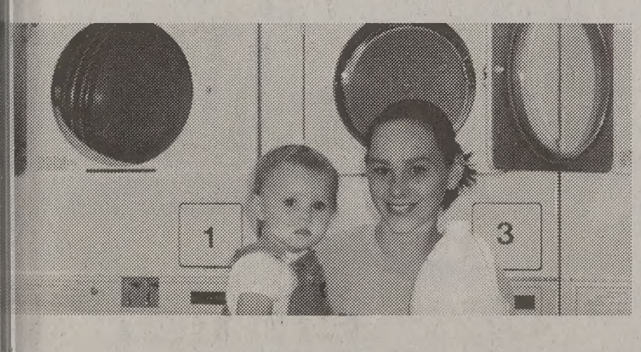

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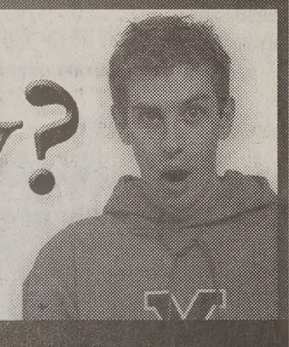
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Obesity poses dangers similar to smoking

40-year-old smokers lost 3 years of life, while obese 40-year-olds lost about 6 years

By ELIZABETH STOHLTON

Each year, millions of Americans resolve to lose weight and get into shape.

With the findings of a recent study, people may want to double their efforts.

The study suggests obesity can have the same negative effects on life expectance as smoking.

The 32-year study, conducted by Dutch researchers, used more than 3,400 individuals, aged 30 to 49 years.

The study, published in the Annals of Internal Medicine, found differences in life expectancy between those who smoked and those who didn't, as well as differences between overweight individuals and obese individuals.

Overweight 40-year-old non-smoking individuals lost an average of three years of life expectancy. The results for non-smoking obese individuals are more drastic. Forty-year-old obese female non-smokers lost 7.1 years and 40-year-old male nonsmokers lost 5.8 years of life expectancy, according to the study.

> "Obesity in adulthood is a powerful predictor of death at older ages."
>
> **Dutch Study**
> published in
> Annals of Internal Medicine

And, according to the findings of the study, an obese individual who smokes could cut his or her life expectancy by more than a decade.

Obese smokers lost more than six years of life expectancy when compared with normal-weight smokers, and when the same category of obese smokers was compared with normal-weight non-smokers, life expectancy decreased by 13 years.

"Obesity and (being) overweight in adulthood is associated with large decreases in life expectancy and increases in early mortality," according to the study. "Obesity in adulthood is a powerful predictor of death at older ages."

The researchers said prevention and treatment for obesity should become a high priority in public health.

Causes of Obesity

While the causes of becoming overweight or obese may differ according to who is asked, most agree it is a serious health concern, especially in Utah, and, there are just as many treatments for an individual who is obese or overweight as there are causes.

According to the Utah Health Department, more than 800,000 Utahns are overweight or obese and 1 in 4 Utah children are at risk of becoming obese.

Most agree being obese means an individual weighs 20 percent more than his or her ideal weight, while being overweight is anything between ideal weight and 20 percent above.

BYU professor of religion Ray Huntington said he thinks obesity is a complex issue.

He said it is important to understand the different causes of obesity. While there are some who abuse their bodies by eating too much and not exercising, he said some people, for reasons out of their control, cannot keep the extra weight off.

"We all have a responsibility to cope with our bodies the best way we can," Huntington said.

He said he this includes a low fat diet and moderate exercise; however, he said the degree to which a person can exercise is an individual decision.

"It's a very individual issue in terms of what they can and can't do," he said.

Food Dependency

Paul Harper, education director at the Center for Change, said while some individuals are predisposed to obesity, for many it is a byproduct of something else.

Harper said many people turn to food in order to cope with something else.

"They learn that eating food numbs the mouth and makes them feel better," he said. "They have turned to food to help them cope."

He said this is often called binge eating or compulsive eating.

Individuals need to have an exercise regime and a healthy association with food, he said.

"Dieting often leads to the helplessness and the hopelessness a person who is obese carries with them," he said.

Many people who are overweight or obese have tried diet after diet without any success. Harper said this leads to feelings of helplessness and causes many people to turn to food for comfort.

"If you're eating food as a coping mechanism, you need to recognize that," he said.

Harper said to be healthy, individuals need to have a good eating regime and not diet. He said too many individuals set unrealistic goals for themselves.

Harper said he believes people's relationship with food has changed over the years.

"If you go back 50-75 years, people's relationship with food is definitely different than it is now," he said.

There are many reasons for this. More food today is processed, foods are sweeter and more readily available, he said.

"We have an easier time having an unnatural or unhealthy relationship with food," he said.

Nancy Hieber, dietician at the Center for Change, said she believes in alternative approaches to eating that are not dieting systems.

Hieber said people need to understand food is neither good nor bad. She said people need to take away the power food has and believe that all food is okay.

She said people should listen to the body and when it's full, stop eating — when it's

See OBESITY on Page 5

American Heart Association tips for making better diet choices:

1. Use nonfat products – Eat more fruits, vegetables and their juices, which are naturally low in fat, and high in vitamins and minerals

2. Use lean meats – Choose fish, chicken, turkey, lean cuts of beef and pork and consume no more than six ounces a day.

3. Switch to skim milk – Gradually reduce the fat content of the milk you drink, eventually moving to skim milk.

4. Use more egg whites – The American Heart Association recommends no more than 3-4 egg yolks per week.

5. Use less fat in cooking – Try to limit the amount of fat you eat to no more than 5-8 teaspoons per day, including what you use in cooking.

Group declares war on fad diets for heart month

By IVY SELLERS

February may be the month designated to show love for others, but it has also been deemed as a time when people should show love for themselves.

President Bush has declared February to be American Heart Month.

In honoring American Heart Month, the American Heart Association has declared war on fad diets, making it a goal to inform the public about misleading weight loss claims, according to the AHA Web site.

"The trouble with fad diets is that while you may lose some weight in a short period, that weight will probably return very quickly as soon as the diet ends," said Jeffrey Anderson, president of the AHA Utah Division, in a recent AHA press release. "But even more important is the fact that fad diets can be dangerous to your health."

Lack of good nutrition when dieting does the heart more bad than good, said Darryl Smith, administrator of the cardiology department at the Central Utah Multi-Specialty Clinic in Orem.

"Whenever anybody ever loses weight and gains it back quickly (as they usually do), it puts added stress on the heart," he said.

Smith's recommendations for maintaining a healthy lifestyle include following the Food Guide Pyramid recommended by the USDA., exercising regularly and being careful not to overeat.

The AHA recommends much the same thing – a varied diet emphasizing grains, vegetables, fruits, lean meat, fish, poultry, and nonfat and low-fat dairy products, Anderson said.

While fad diet trends may seem to be on the rise, this isn't the case, said Karolla Koller, nutrition counselor and owner of Curves for Women in Orem.

"There hasn't been an increase in fad diets over the years. There are just always new ones coming and going," Koller said.

She said diets such as the new high-protein diets frighten her the most.

"I hate the new high-protein low-carb diets," she said. "They scare me to death. I think people are going to finally realize how bad they are for you."

The reason they seem to work is because there is no variety to them, she said. People get sick of eating the same foods over and over.

Stephanie Beeston, BYU alumna from Salem, has tried both the Atkins protein diet and Body for Life.

"It worked, but I actually felt greasy all the time — you eat really greasy food," she said of her experience with the Atkins diet.

The Atkins diet consists mainly of proteins such as meat and cheese and little or no carbohydrates. Fruits and vegetables are discouraged as well.

High-fat diets, which often overemphasize protein, can lead to heart disease and cancer and worsen kidney or liver function in people with moderately advanced liver or kidney disease, according to a recent AHA press release.

Beeston said she could feel a difference in her

See AHA on Page 5

Repor… to promo… commut… rail

Proposal says … will be packed b…

By REED PARKER L…

Gridlock on I-15 will … major problem in Utah… by 2008, and will not… rectable until at lea… according to a repor… released Sunday.

Mountainland trans… planners are making la… adjustments to the lo… plan because of state… cuts.

In December, Gov. M… itt proposed cutting th… nial Highway Endowm… because of a projected … lion shortfall in the stat…

Mountainland offici… of the projected gridloc… but had counted on fun… the Centennial Highwa… ment Fund to help reva…

"The state told us … will not continue to giv… from CHEF," said Cha… Mountainland trans… and transit planner.

Gridlock will becom… problem south of Poi… Mountain between … Mountainland officials …

Funds to expand I-1… come until 2015, and … tion would not start un… 2020.

Some low-cost, sma… could occur on I-15, … paving the center medi… is now grass, or paving … ders of I-15, Eccles said.

However, these sma… will do little to fix the… he said.

While Mountainlan… offers some discourag… for commuters, the r… also outline alternati… portation for northbou… ing commuters.

Sunday's report will … plan to build a comm… system from Sandy t… that would carry 2.5 m… sengers a year, Eccles s…

Commuter rail is … and cheaper than light… also diesel powered … Heber Creeper, except… faster.

In addition, comm…

See GRIDLOCK on …

IA

up goes anti-fad diets for heart month

ontinued from Page 4

when she tried Body for at found the structure of t impractical.
hard to keep it going — having to have food with nd not only that but the ind of food," she said.
y for Life suggests eating all meals a day – focusing food group at a time. A as weight-training sched- also involved.
scientific evidence sug- benefit from eating in cer- quences or combinations, ing to a recent AHA press

diovascular disease is the r one killer in America. In 45,836 Americans died of vascular disease, account- about 39.4 percent of all according to the AHA e.
diovascular disease is devastating for both men men.
pite what some people may heart disease, not cancer, No. 1 killer of women, said.
2000, cardiovascular dis- aimed the lives of 505,661 while cancer (all forms ed) killed 267,009 females, ng to the AHA Web site.
erican's clearly need to cut hearts some slack, but g on the bandwagon diets le is not the best answer, said.
e bottom line is that Amer- are eating too much," said.
said on average people eat o four times more than tually need, and restau- serve three times more person needs in a single

l boils down to calories in calories out. The key is ing more than you con- Koller said.
t could even eat Cheetos ndy bar," she said. "You e healthy, but if you burn more calories than you eat you'll lose weight," she said.

Healthier eating is only half the equation of attaining good health. Exercise also needs to be part of an overall fitness plan, Anderson said.

"Fad diets fail to point out that simple physical activities like walking or riding a bike are important tools to losing weight and maintaining the loss," Anderson said.

Koller said exercise is an essential component of weight loss and weight maintenance, but working out the cardiovascular system isn't enough.

"What I have learned over the years is that when you just diet to lose weight, or just do cardio, 40 percent of the weight lost is muscle," she said. "You need muscle. The more lean muscle mass you have the faster your body is able to burn fat, even when you are sitting still."

According to Anderson, three adjustments can be made quite easily that will lead to a healthier lifestyle: engaging in regular physical activity, avoiding saturated fats and developing an eating plan.

"Most women can lose an average of one to two pounds a week by consuming 1200-1500 calories a day," Anderson said. "Men can lose this amount on 1500-1800 calories a day. One to two pounds a week is the ideal rate of weight loss."

In order to attain optimal health, monitoring what goes into the body seems to be one's best bet.

"Get back to really basic foods, smaller portions, and drink water constantly," Koller said.

Eat more whole grains, vegetables and real fruit in place of juices, which have a lot of added sugar, she said.

"Fat in our diets are a huge problem, but sugar and white flour do the same thing," Koller said.

IDLOCK

p hopes to cope with increasing traffic

costs between $2 million million dollars per mile, said, while a light rail tween $20 and $30 million

report will outline a plan commuter rail run along- I-15 corridor.
Salt Lake Tribune and erald will print the Long transportation Plan Sun-

plan will be available for for public comment. Fol- public viewing of the ountainland officials may me changes.

The plan will then be submitted to the Federal Transportation Agency and Congress for federal funding.

Mountainland officials want to submit the plan to federal authorities soon because federal transportation funds are only distributed once every six years; this is one of those years.

A commuter rail line could be operational as soon as 2012 if the federal government approves the funds and Utah County residents approve a quarter percent sales tax in November of 2004, Eccles said.

Provo couple gives service for Valentine's

By STACEY REED

Boxes of chocolates and bouquets of roses are commonly given on Valentine's Day, but this year, a couple in Provo is giving the gift of service.

"Aaron and I recognized that it would be nice to do something to help someone else enjoy the day," said Jennifer Winn.

Aaron, BYU law student, and Jennifer Winn, BYU graduate, said their friends, Jeremy and Desiree Harris, had been going through some hard times since their second child was born.

"I realized they don't get any time together, with them both being so busy with life and a new baby," she said.

The Winns decided they wanted to babysit their friends' children on Valentine's night and treat the couple to a quiet evening together.

"Between school, work, church callings and two kids, we haven't even thought about dates," Desiree Harris said.

David Dollahite, professor in the school of family life and editor of "Strengthening Our Families: An In-depth Look at the Proclamation on the Family," said it is crucial for couples to be intentional about date night.

"Couples need to get away for a couple of hours to rekindle feelings and talk about each other, their hopes and their concerns," Dollahite said.

Jeremy and Desiree Harris have been married for three and a half years and had their second child in December, but little Madelyne was two months premature, weighing only 3 pounds, 9 ounces, making life a little more difficult. But Desiree said Madelyne is doing well.

Harris said she and Jeremy plan their schedules so one of them can be with 2-year-old Brooke and their 6-week-old baby.

However, within the challenges of daily life, they forget to plan time to be with each other.

"It's been really hectic so we are excited for an evening together," she said. "We are grateful to have Aaron and Jennifer for friends."

Jeremy and Desiree will be treated to dinner at Maglebys, a local restaurant, on Valentine's night.

OBESITY

Weight problem can decrease life expectancy

Continued from Page 4

hungry, eat.

Alternative Modern Options

While some individuals turn to diet and exercise, others opt for more drastic measures to lose weight.

Utah County resident Kim Wright had gastric bypass surgery two years ago.

Gastric bypass surgery reduces the size of the stomach, which restricts food intake. Additionally, a bypass is created and allows food to bypass portions of the stomach and small intestine. This reduces the amount of calories and nutrients the body absorbs and results in weight loss.

Wright, who according to doctors should have weighed 130-140 pounds for her height, weighed 200 pounds before her surgery, said she tried numerous diets and exercise regimens without success.

Wright describes herself as an active person and said she used to run every day.

"I looked pretty good, but I still wasn't considered thin by society," she said.

Wright said she has an overweight sister and was concerned she would become overweight if something wasn't done.

Because Wright wasn't considered obese, her insurance company wouldn't pay for the costly surgery. Consequently, Wright had to foot the $15,000 bill without help from her insurance company.

She said because she paid for her surgery she looks at it as an investment.

"You just drop the weight," she said. "It's amazing."

Wright said she has lost 70 pounds since her surgery.

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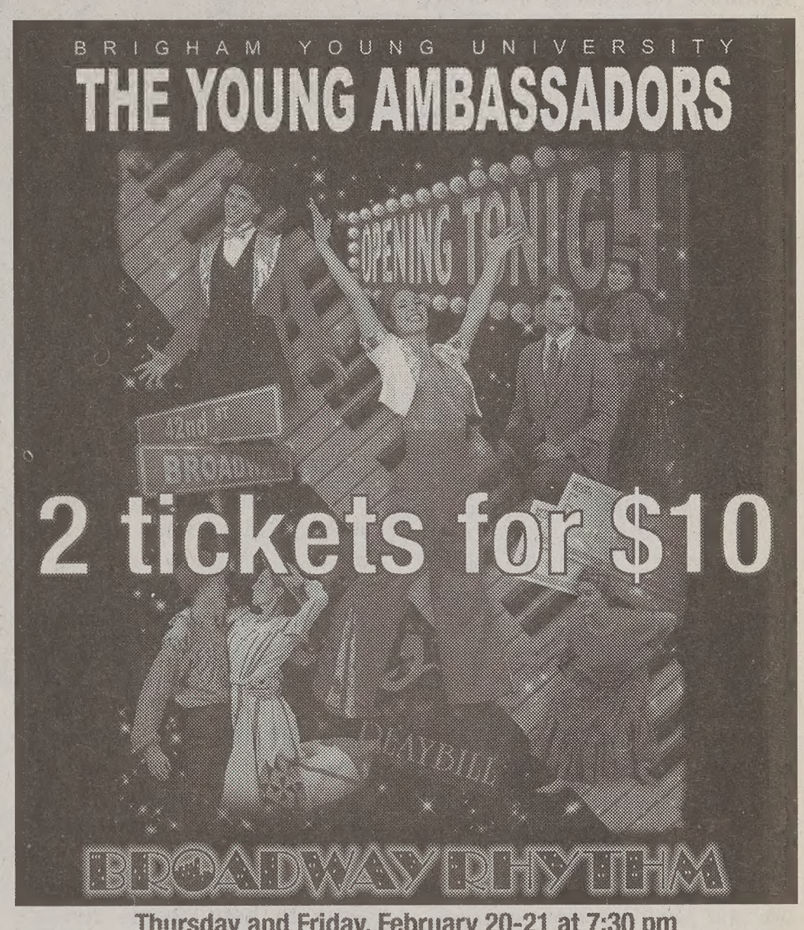

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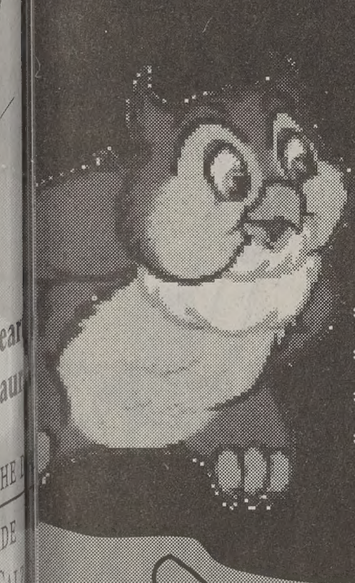
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Newlyweds deal with realities of marriage

By BRITTANY SAVAGE

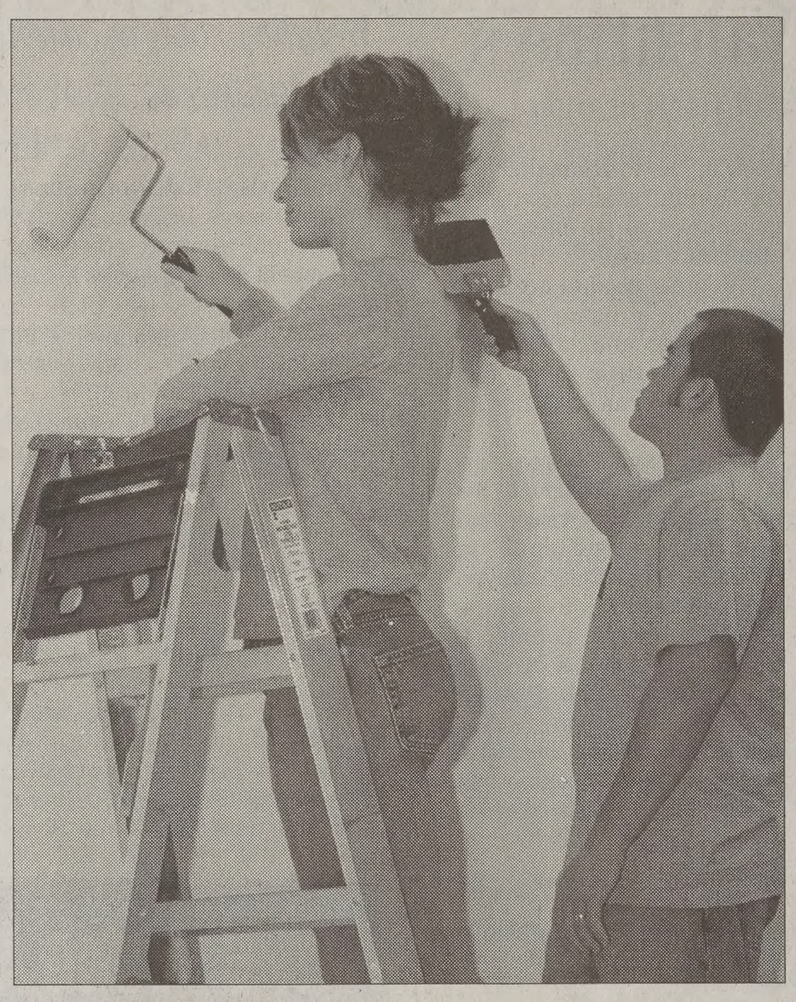

Photo by Katie Benson

Emily and Ryan Benson of Orem paint their apartment together. BYU researchers say love requires more than just romance.

Too many couples get caught up in the Hollywood portrayal of romance in relationships and do not focus on reality before plunging into marriage.

"People get married on this really emotional high," said Jeffry Larson, a professor of marriage and family therapy. "(Later) you start discovering your differences that you didn't talk about before you were married."

Larson recently wrote "The Great Marriage Tune-up Book," which addresses problems and solutions to disillusionment in marriage.

Love and romance are important factors in a relationship, but they are not the only factors, despite what movies may portray.

"Real love is more than just romance," said Tom Holman, a professor of family life.

"I think the Hollywood and Hallmark phenomena are worse in Utah County than the rest of the world," Larson said.

Enticing ring and cake advertisements abound, but no one asks people if they are ready or have what it takes to be married. Many times people do not look at the huge commitment they are making, Larson said.

"The biggest challenge, I think, to BYU students is the acquaintanceship is so short before they get married," Larson said. "This is dangerous because the more you get to know a person, the better the chances you're going to be happily married."

A courtship that lasts at least a year allows a couple to go through all four seasons, meet the parents, work out problems and see the real person, he said.

"We dated for two years and marriage has been the best," said newlywed Callie Greding, a recent BYU graduate in health science. "We knew exactly what we were getting into."

All the realities of married life and blending two personalities suddenly come into play, Larson said.

"A lot of girls told me they were pretty shocked about things," Greding said. "One girl said that her husband left his clothes on the floor and did not help clean up. She was so upset."

Most couples face this reality check but do not know how to get through it.

"Hang in there," Larson said. "The best solution to that problem is expect it to happen. There's going to be a little bit of a let down. Don't let that become a crisis. Realize you can make adjustments. If you really love each other and commit to each other, you can make adjustments."

Larson's book offers questionnaires to help people tune-up their relationships.

Many of the questions come from RELATE, the relationship evaluation program Larson helped develop to help couples evaluate their relationships and compare them to others.

Larson's book allows couples to compare their scores on the questionnaires with those of 5,000 other couples to see where they stand, he said.

"If you do regular service on your relationship, then it will not go down the tubes or develop huge problems you can't solve," Larson said. "Once you find the problems, you can set goals for how to strengthen that area of your marriage."

Larson related relationships to cars. A car, like any relationship, needs regular tune-ups, so it will last longer without breaking down.

"It becomes more of a friendship, enjoying time spent together and being buddies," Larscn said.

"You become two best friends working together to work through things," Greding said.

Often couples don't realize talking about their relationship with each other and other people is important.

People may feel alone when dealing with marital problems, especially BYU students who think a temple marriage should not have any problems, Larson said.

"Nobody talks to each other," Larson said. "It's the intermarriage taboo theory."

People can find that other couples are having similar problems and it's OK to talk about them, he said.

"If you're struggling with your marriage, and you knew four other couples, and three of them were also struggling, that would make you feel a heck of a lot better that you're not the only couple trying to work things out," Larson said.

"Communicate, listen, speak kind words, avoid criticism and don't be defensive or negative," he said.

Communication is key in conflict resolution.

"If you are good at communicating, then you can work things out in two seconds and it's over," Greding said. "Work things out together before you get married, or you won't know how afterwards."

"Premarital communication is one of the best predictors of a happy marriage," Holman said.

Larson and Holman have worked together for almost 10 years, researching factors that predict happy marriages and helping in the development of RELATE.

More information about the RELATE program can be found at https://relate.byu.edu.

Valentine Smash set t celebrate poetry of lo

By ANDREA J. CANDRIAN

The poetry club, otherwise known as the Poetaster Project, will be hosting a Valentine's Day program today in celebration of the day of love.

The program, titled Poetry Smash, is free and open to the entire student body. The event will consist of a jazz band performance and poetry presentations.

"Basically, what it's going to be is we are going to perform pieces of poetry that we've written," said James Dewey, 23, a junior from Boise, Idaho, majoring in linguistics, and co-president of the Poetaster Project. "We'll have poetry about breakups, dating, engagements and love. We're really hoping people will make it a part of their Valentine's Day."

The program will take place in JKHB 2015 at 7 p.m., and will last about an hour.

Deja Early, 20, a senior from Sandy, majoring in English, and also co-president of the club, said they are trying to make the program have a relaxed atmosphere, while still incorporating a performance feel.

"We're hoping it'll be really entertaining and fun and enjoyable for people that aren't generally into poetry and for people that are," said Early.

Early said she joined the club because she has always loved poetry.

"It's my passion and always has been," she said. "And because I'm so interested in poetry, when I saw the flier for the club, I wanted to come. And I think from there I have just been excited about it."

> "We're hoping it w be really entertain and fun and enjoya for people that are generally into poet and for people that a
>
> **Deja Early**
> President, Poetaster Proje

The Poetaster Proje meets every Tuesday n JKHB 1127.

"The club is totally Early said. "It's just so f it's really relaxed. I th have a good group che that goes on."

At the club's normal m times, people can bring about any topic.

They can read origin ry or poetry by someo Dewey said.

"They also get feedba the group," he said. "It's like a writing workshop."

Amanda Silvester, 24 ior from Clayton, Calif., ing in horticulture, join club last semester as a ch take a break from her ma reflect.

"It's my hour a week not science," Silvester sa my break. We don't ta hour to ourselves where nothing and where we For me, this is ponderin is taking reflective time."

Silvester said she thi something everyone sh into.

Heart Association fights fad diets

By IVY SELLERS

February may be the month designated for showing love to others, but it has also been deemed a time people should show love to themselves.

President Bush has declared February American Heart Month.

In honoring American Heart Month, the American Heart Association has declared war on fad diets, making it a goal to inform the public about misleading weight loss claims, according to the AHA Web site.

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"Whenever anybody ever loses weight and gains it back quickly, it puts added stress on the heart," he said.

Smith's recommendations for maintaining a healthy lifestyle include following the Food Guide Pyramid recommended by the USDA, exercising regularly and being careful not to overeat.

The AHA recommends much the same thing – a varied diet emphasizing grains, vegetables, fruits, lean meat, fish, poultry, and nonfat and low-fat dairy products, Anderson said.

While fad diet trends may seem to be on the rise, this isn't the case, said Karolla Koller, nutrition counselor and owner of Curves for Women in Orem.

"There hasn't been an increase in fad diets over the years. There are just always new ones coming and going," Koller said.

She said diets such as the new high-protein diets frighten her the most.

"I hate the new high-protein low-carb diets," she said. "They scare me to death. I think people are going to finally realize how bad they are for you."

The reason they seem to work is because there is no variety to them, she said. People get sick of eating the same foods over and over.

Stephanie Beeston, a BYU alumna from Salem, has tried both the Atkins protein diet and Body for Life.

"It worked, but I actually felt greasy all the time. You eat really greasy food," she said of her experience with the Atkins diet.

The Atkins diet consists mainly of proteins such as meat and cheese and little or no carbohydrates. Fruits and vegetables are discouraged as well.

High-fat diets, which often overemphasize protein, can lead to heart disease and cancer and worsen kidney or liver function in people with moderately advanced liver or kidney disease, according to a recent AHA press release.

Beeston said she could feel a difference in her weight when she tried Body for Life but found the structure of the diet impractical.

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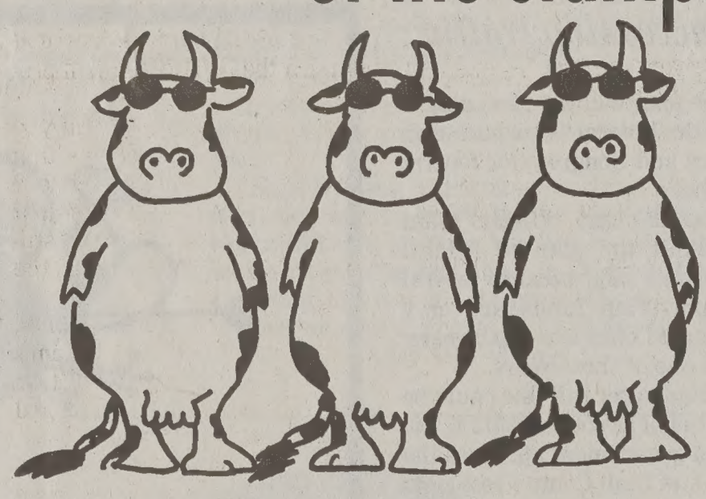

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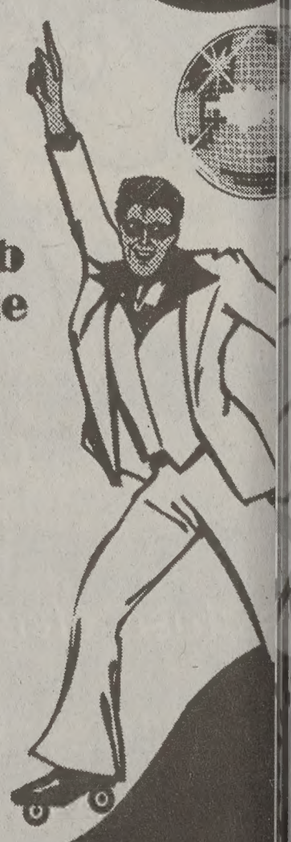

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r Jamie Tanner enjoys a quiet moment above Jerusalem during her visit in the summer of 1998. She rip inspired her both spiritually and creatively.

udents recall Jerusalem visit

JESSICA POE

was not one of Jamie talents.

ver, sitting in a sunny eet away from the tomb he Savior's body is to have been laid, Tan- n writing as inspiration

s the first time she l herself and her spiri- eriences in a creative

YU Jerusalem cannot se life-altering opportu- students until safety is at the center, and ut the Holy Land.

erusalem Center last students during Fall of 2000. That semester, ced students to leave ely because of poten- er when traveling to

o hope to see students the Jerusalem Center. s monitored constantly; it needs to be safe travel within the area dents return," said Car- s, assistant to the presi- University Communica-

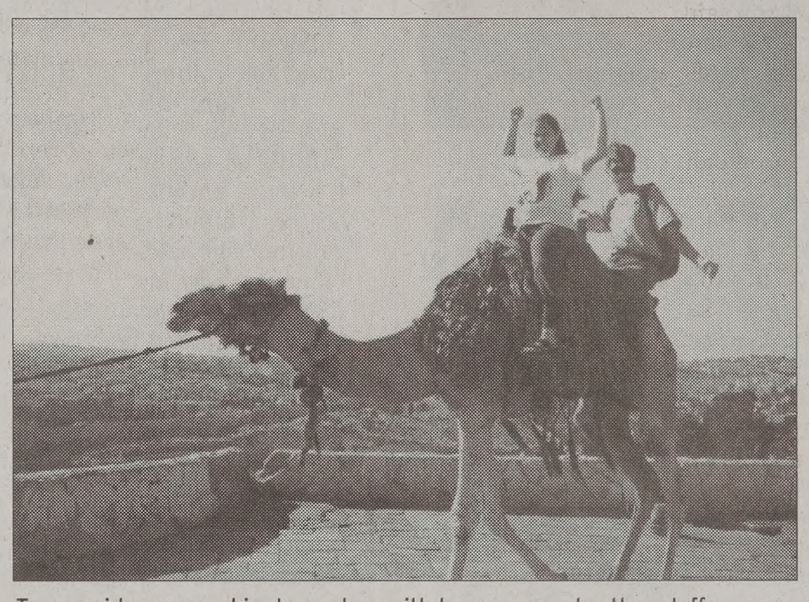
students recognize the e of the program and to return to Jerusalem. l the places you can go rld, or in other worlds, othing that compares to hat you are in the same Savior walked," said senior from Las Vegas t Summer Term 1998 at salem.

time, the risk in travel sified and students are ing to return to the cen-

kind of sad because I hat happening any time udents returning to), but for me it was ignificant part of my e at BYU," said Amber a senior from Min- Minn., who studied BYU Jerusalem during all Semester.

n said she never felt while in Jerusalem f the intense security s.

imes the security were kind of annoying, tely they were for our



Tanner rides a camel in Jerusalem with her younger brother, Jeff.

good," Erickson said.

Early curfews, the buddy system and extreme technology kept students protected while experiencing the history of the Holy Land.

During the study abroad program, students attended classes four to five hours a day, and went on multiple field trips. They traveled to Egypt, Mount Sinai, the Dead Sea, Galilee, Jordan, Petra and other New Testament landmarks.

"It was amazing," Tanner said. "Every single day was a spiritual high."

Traveling to the temple grounds was a spiritual climax for Tanner.

The spiritual experiences make historical events read about in the Bible more realistic and life-like, she said.

"Whenever we have a lesson in Sunday school or Relief Society, I can visualize everything," Tanner said. "I have that concrete experience, which makes things more personally significant to me than they did before."

Many students anticipated attending BYU Jerusalem, but threats of violence, terrorism and war spoiled their plans.

After completing the application process, receiving an acceptance letter and completing the pre-requisite independent study course, Lane Kelsey was excited to begin her adventure in Jerusalem.

Unfortunately, about a month before her departure date, BYU announced the summer session in the Holy Land was cancelled.

Both of Kelsey's sisters had attended the BYU Jerusalem program.

"My sisters spoke so highly of it, and said there was nothing like it," Kelsey said, "I realize it isn't BYU's fault. They're just protecting the safety of the students, but I do hope to go in the future."

Kelsey, like other students, was attracted to BYU Jerusalem's program because of the duration of the course and the historical and spiritual significance.

"You feel the Spirit everywhere. Living in the Jerusalem Center is the closet you can be to living in a temple," Erickson said.

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BYU students aim for federal jobs

By ERICA STARR

The events of Sept. 11, 2001, have made federal employers a little pickier about whom they choose to represent America's most elite agencies such as the FBI and CIA, but some students are still interested in going through all the tests and training necessary to obtain a position.

The Career and Learning Information Center hosted a workshop Thursday, explaining what students can do now to perhaps someday acquire a federal job.

"We want students to think about a job now, but not to count on it," said Patrick Slowinski, academic and career advisor. "The average age of federal employees is between 30 to 32. Until then, students can do internships, study abroad and work for related jobs that will give them experience."

Landing that job can take several years because the process is long and rigorous. Slowinski knows first-hand because he has applied to a few agencies to learn more about the process. Large to minute details cause huge delays, he said. Slowinski stressed to students that the applications must be properly and accurately filled out.

The application, called an OF-612, asks for job information, personal information, education and experience. This application is usually used for all federal agencies.

Once the application is processed, a small percentage of applicants are invited to move to the next level: the written/oral test.

Approximately 35,000 applicants take the tests, 5,000 move to the interviewing phase and 500 receive jobs after they go through the final step, which is the medical and background checks, Slowinski said.

"Since my wife is from Russia, the process became much slower," Slowinski said. "The background checks also eliminate or question those people who have had felonies or who have taken drugs."

So, why would students want to apply for a stressful, dangerous job? There are benefits, Slowinski said.

Employees have the chance for a fully paid 20-year retirement, international placements and transfer possibilities.

The federal job workshop series will be every Thursday at the CLIC for interested students.

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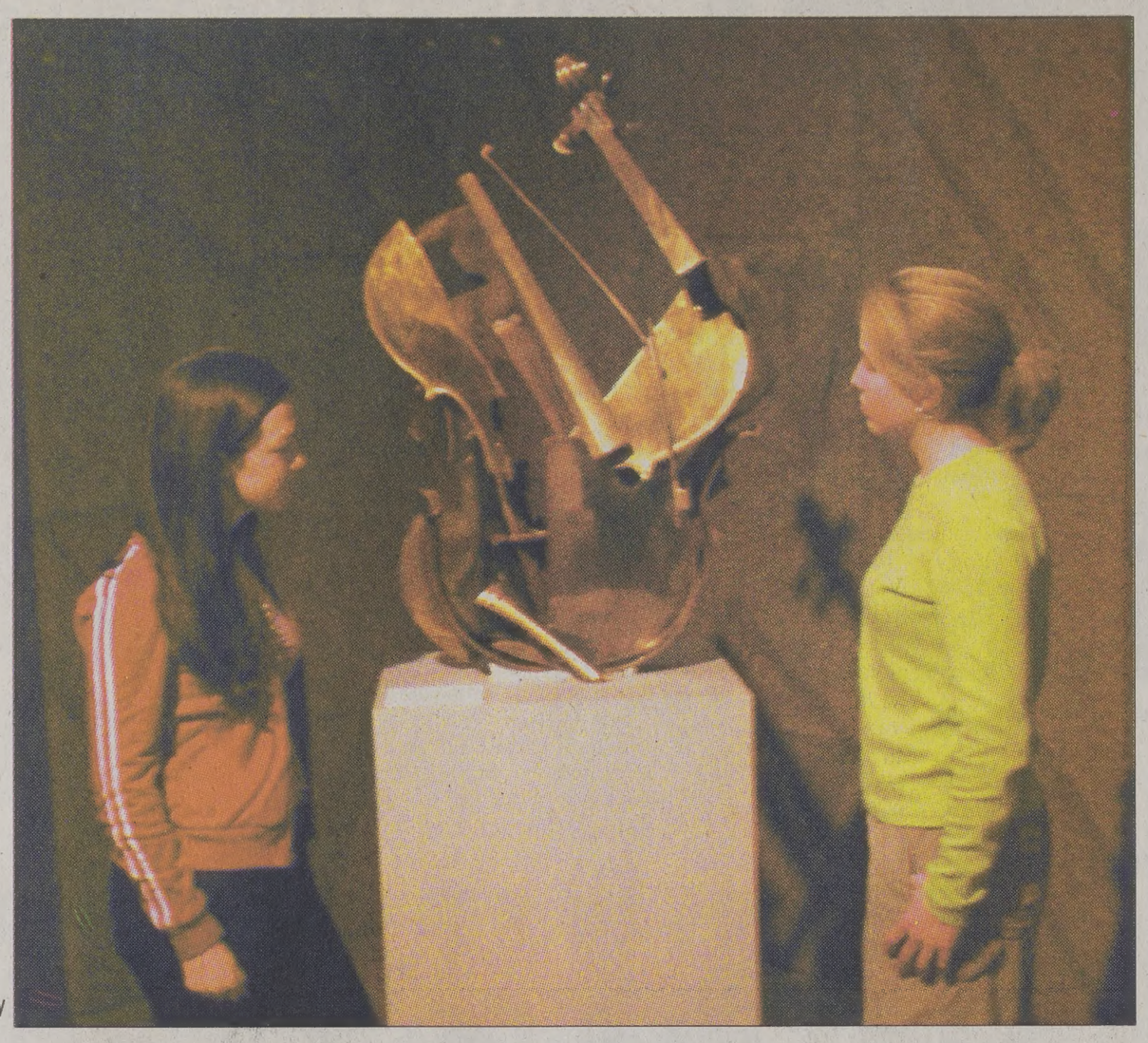

Rachel Davis (left) and April Riches, examine "Bayardere: Tribute to Casals," which is currently on exhibit in the Museum of Art.

Photo by Michael Laverty

Understanding the power of art

By MICHAEL LAVERTY

Each week The Daily Universe will spotlight a piece of art at the BYU Museum of Art in an effort to increase students' art awareness and understanding.

The first art spotlight looks at the "Bayardere: Tribute to Casals" sculpture found in the BYU Museum of Art.

This piece can be found on the museum's lower level near the east entrance.

Pierre Armon created this sculpture in 1928 to pay tribute to the famous Spanish cellist and conductor, Pablo Casals.

At first glance, this piece looks like a broken up pile of boards, but upon closer look, a sculpture of a cello appears.

"The 'Bayardere' is an exceptional piece because it allows you to look at the cello from several different angles at the same time," said Cheryl May, director of public programs and education. "I think it's visually arresting and very modern in an art historical sense."

Some students see meaning inside its obvious, outward appearance.

"I see frustration over the unattainable," said Rachel Davis, 18, a freshman from Colorado, majoring in political science, after looking at the piece for a moment.

"I see a broken instrument," said April Richards, 23, a senior from Colorado, majoring in psychology. "Actually, I see pieces of a cello waiting to be put back together."

> "This piece exposes students to the diversity of artworks in our permanent collection."
>
> **Herman Dutoit**
> Manager of education

The "Bayardere" sculpture was executed in a style reminiscent of early 20th century cubism.

"Cubism is an abstract form of art, meaning it looks at the abstraction of forms," said Herman Dutoit, manager of audience education and development.

Cubism became famous by such artists as Braque and Picasso in the early 1900s.

Dutoit said this piece makes a connection between art and music.

"We are fortunate to have an example of Armon's work in our permanent collection because the work makes for the viewer a connection between the world of the visual arts and the world of music," Dutoit said. "This piece exposes students to the diversity of artworks in our permanent collection. It also connects students to the other disciplines through the visual arts."

May said the "Bayardere: Tribute to Casals" will inspire students and be a worthwhile experience to view.

"It visually sings," she said.

Children get chance to learn about heritag

By EMILIE CASSAN

Black children from the community will have the opportunity to experience and learn more about their heritage at the children's fair Saturday.

The Black Student Union and Families for African-American Awareness, an organization that supports families in Utah that have adopted black children, will have their annual fair in the WSC Garden Court from 1 to 4 p.m.

Quiana Gough, 19, a sophomore from Baltimore, majoring in pre-nursing and a coordinator for Black History Month, said the fair is a way for children to experience their culture.

"In Utah, it's easy to lose your culture, especially if your parents are of a different culture," she said. "This is a way for them to learn small things of their culture and hold on to it and enjoy it."

> "It's an opportunity to bring the children to the students and for them to have role models,."
>
> **Kevin Gordon**
> Families for African American Awareness

Kevin Gordon, a member of the board of directors of Families for African-American Awareness, said the fair is an opportunity for the children to meet other children from their culture and to meet members of the BSU.

"It's an opportunity to bring the children to the students and for them to have role models," Gordon said. "It helps them to see 'Hey, I can go to college. My culture does not hinder me.'"

Gordon said the children's fair is one of many activities put on each year by Families for African-American Awareness in an effort to help both parents and children.

"Our main purposes are to allow kids to meet other kids of the same heritage, to give parents a chance to talk an experiences and ideas teach culture and herita said.

At this year's fair, c and parents will be able different booths where t participate in and lear different activities s dancing, singing, learni care tips and other thin

BSU member Jessi 20, a sophomore from rock, Ark., majoring i childhood education, sa excited about the childr because children will h opportu mingle other from th ture.

"The seeing p their Lewis "Kids n

Gou the fa help bla dren i who s are at a disadv because are not exposed to as m ple of their culture as in other parts of the are.

"It's hard to un your culture when y nothing about it and th one to teach you," s "There aren't that mar offered to kids in Utah

Gough also said ma parents who have adop children realize they teach them about American culture beca have never experience said they are excited fo because they want th dren to have the oppor learn.

"They want them t ence their culture and not to shun it or disli because the majority their ethnic backgro said.

Students debate voting

By JON JACOB CONDE

Every election, time candidates do their best to make themselves known to the rest of campus.

Backed by their respective platoons of supporters, they do everything in their power to turn their names into catchy, unforgettable couplets that will echo in the heads of students as they cast their votes. For four days the buttons, posters, fliers and shouts of last names bewitch the mind and ensnare the senses.

However, some students say that they probably will not vote because they don't know enough about the candidates themselves.

"I like to have an informed opinion," said John Paul Abbott, 22, a sophomore with an open major.

In addition, some students choose not to vote because they think that the elections aren't important.

"I guess I never voted because I haven't cared to be informed," said Justin Caldwell, 22, a sophomore from Vernal majoring in mechanical engineering. "Guess maybe I don't realize what they do as a presidency."

Some students said they are unsatisfied with the posters and election Web site, feeling that they aren't a good source of information.

"It just doesn't seem like it matters," said John Jenson, 23, a senior from Littleton, Colo., majoring in computer science. "I only know [the candidates'] names."

Another reason students don't vote is between classes and working, many don't make it a priority to learn more about the elections.

"I don't have time to listen to their platforms," said Olivia Jarrett, 24, a senior from Cheyenne, Wyo., majoring in zoology.

Eddie Smith, a current presidential candidate, spoke about the problem.

"I find that a lot of students aren't exactly sure what the election process is for," he said.

Smith said that one of his hopes was to educate people more about BYUSA and what it does.

He said he understands the students' feelings of frustration and hoped they would be able to better inform students in the future.

For people like Smith and others, the picture is not as dark as it may sound.

There are still many students who are looking forward to the elections.

"For sure. I think it's important that I have a say in what's going to happen on campus," said Casi Miller, 22, from Hayden Lake, Idaho, majoring in geography. "I'm a student here, so it's important to me."

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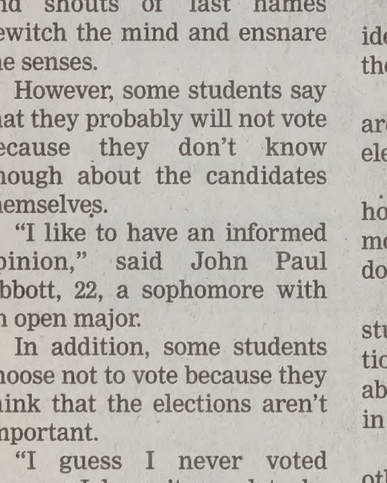

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Photo by Jena Peterson

ms poses with her Kinetic sculpture, which takes up all the room ouch in her living room.

rt comes to life

By LEAH ELISON

ch wrapped in plastic, buckets full of yeast and a pile of bread ze of a child's beanbag chair.
ence experiment? An enrichment activity? A remake of "The

his is Jen Harms' homework.
s, a sophomore from Baltimore, Md., majoring in art educa- thered more than 20 people from her ward to help her mix ough for a kinetic sculpture she needed for an art class.
tic sculpture moves or changes independent of the sculptor. ought about going to D.I. and getting little motorized toys or an ice structure and watching it melt," Harms said. "But then t of bread dough rising."
s' masterpiece, titled "The Rising Generation," is a series of howing bread dough rise on a couch in front of a television. presents today's youth," she said. "All they do is watch TV."
s used 55 pounds of flour, a half-gallon of oil and 3 pounds of sting her approximately $40.
read-making party started at 4:30 p.m. with people hand mix- edients in 5-gallon BYU creamery buckets.
mixed, the dough was moved to the living room, where five neaded it on the coffee table.
as intense," said Carma Martino, a senior from Dallas, major- nglish. "We had to add 24 cups of flour to each batch, and it ly easy to lose count. We didn't want to ruin art."
repared dough was hefted over to Harms' couch, which was in pink plastic table clothes.
s snapped photos of the dough every five minutes to docu- growth.
ink it is really interesting to see the creative process," said n Bennett, an aspiring art critic from Salt Lake City. "The sing really represents the way we as younger generation are ushing against all of the forces that push us and keep us m speechless. It is beautiful."
about three hours, the dough had grown so large that Harms ng difficulty keeping it on the couch.
n't expect it to be this big," Martino said. "This is cool."
the bread was done rising, Harms rallied her crew to help of it.
e made traditional foods, like donuts, cinnamon rolls and aves, as well as more innovative creations like bread cups h chocolate, jam-filled scones and a bread baseball glove that could fit a hand.
bread; I like couches," said Michelle Whipple, a sophomore ramie, Wyo., majoring in advertising. "I think the combina- he two was a great idea."
s said she hopes to do more kinetic sculpture of the future, y with bread dough.
n I first thought of bread dough, I wanted to put it in the bath et it surround someone," Harms said. "But now, I don't have s or resources."
finding enough money to create another mound of bread problem, finding a volunteer to be in the tub shouldn't be. would be semi comfortable for the person," said Tyler Evans, from Salt Lake City, majoring in mechanical engineering. "To ad dough rise around you and steadily engulf you in warm, oo — not bad."

Students celebrate a day of love

By BRITTANY WISCOMBE

Students don't need a significant other to celebrate Cupid's Day.

Valentine's Day is a holiday for anyone wanting to express appreciation to those around them.

Students have differing opinions about this day of love. Many celebrate it as an extraordinary day, while others don't realize it is even a holiday.

Ryan White, a sophomore from Twin Falls, Idaho, with an open major, said Valentine's Day is about the people you choose to spend it with.

"The most ideal Valentine's date would be to spend a day with your sweetheart just finding ways to let them know why they are so important to you," White said. "It doesn't matter what you do or how much money you spend, but allowing somebody to know your feelings is the important part."

Some students have some creative ideas for group activities on Valentine's Day.

"I think it would be fun going up to Midway. After a dinner, my friends and I could enjoy the hot-pots," said Amy Kolter, from Nampa, Idaho, majoring in nursing. "On Valentine's Day everyone deserves to enjoy the relaxation of the natural hot springs."

Others said they are leaving town since the holiday falls on an extended weekend.

Some students are resorting back to the days of kindergarten and making valentines for the important people in their lives.

"A bunch of us are going up to a cabin in Bear Lake to ride four-wheelers," said David Driggs, from Rancho Cucamonga, Calif., a construction management major. "We are making valentines cards and writing corny love poems to each other."

Other students aren't as creative.

"The Lakers aren't on television on Valentine's Day so I will probably just sit home and watch a movie," said Jon Black, a junior, from Orem, majoring in political science.

Brandon Hagler, a freshman from Orem, majoring in international relations, said his Valentine's highlight will be the heart shaped pizzas he is delivering tonight.

"Valentine's Day is overrated. I think a creative activity is working and playing upon the sympathy of others," Hagler said. "As a pizza delivery boy, I hope that people will give me good tips for having to work on Valentine's Day. I will be helping others."

The romantic stereotype of Valentine's Day is not completely true.

However, some just take time to say "thank-you" or "I love you" to someone special.

Valentine's Day is individualistic to each person or couple. But many students said regardless of what activities are planned, students should take time to be nicer on this holiday of love.

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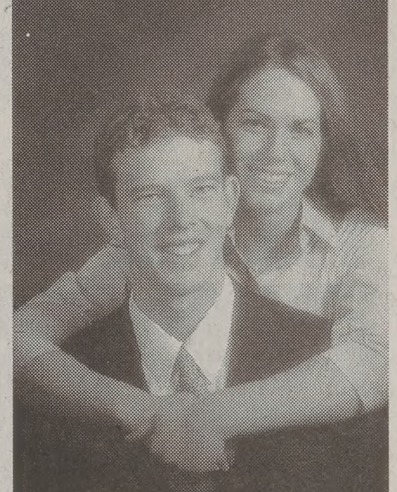

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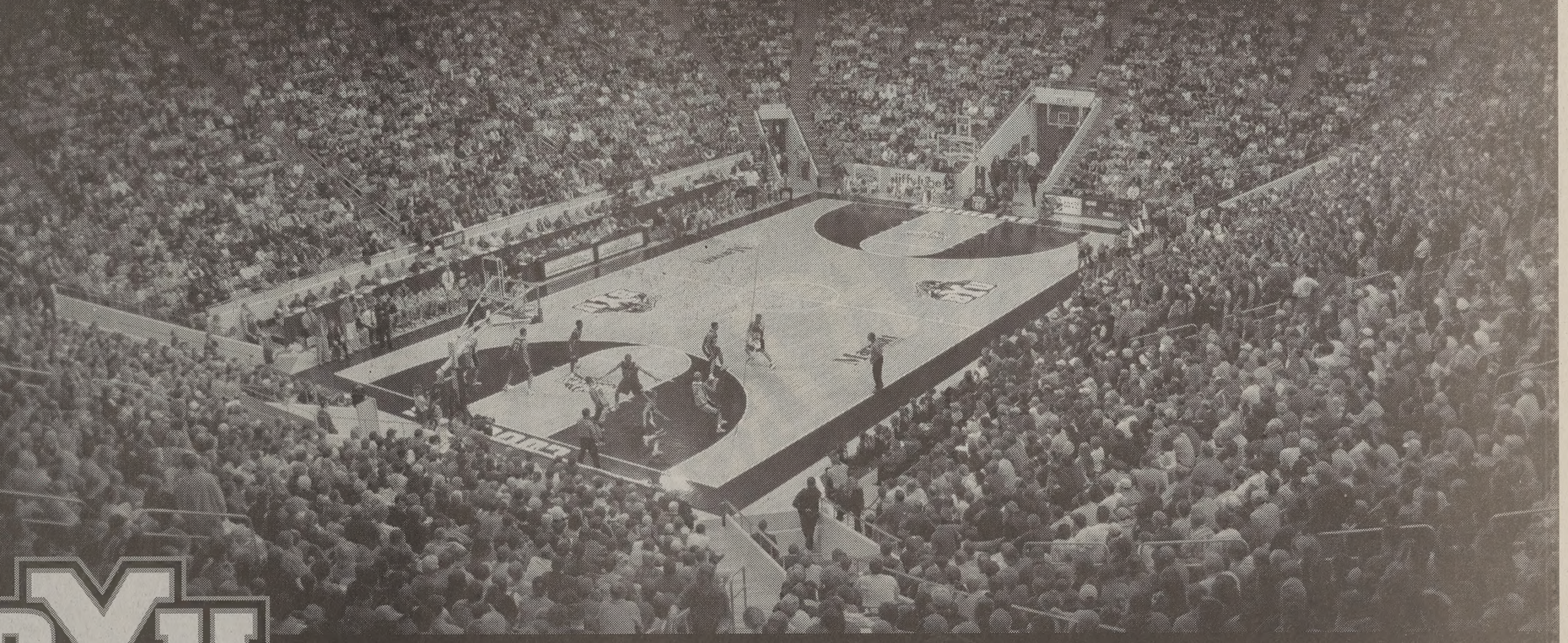

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Men at MWC crossroads

By NIC GOODFELLOW

After two big road wins last week against Wyoming and Colorado State, BYU looks to stay near the top of the Mountain West Conference standings tonight with a win at UNLV.

The Cougars are playing a revitalized Rebel team that began the season losing its first three conference games, and have since won three out of their last four in conference.

"They are the most dangerous team in our league," coach Steve Cleveland said. "You got to prepare for the very best when it comes to them."

The Rebels are led by seniors Marcus Banks and Dalron Johnson, who combine to score nearly 35 points per game.

UNLV scores a lot of transition points, and the Cougars realize they have to take care of the ball to keep the Rebels from beating them on the break.

"We are going to have to get back in transition and stop their fast break," senior Travis Hansen said. "They get a lot of points off turnovers."

Hansen and Mark Bigelow continue to be the leaders both on and off the court, and said for the team to win, they have to put up big numbers every night.

"That is our role on the team," Bigelow said. "We know and expect that if one night one of us don't score or don't produce, that someone else can step up, but on a night-in and night-out basis, we are going to be the people the team defends."

BYU also hopes to get big games from juniors Rafael Araujo and Kevin Woodberry. They are coming off completely opposite performances against Colorado State on Monday.

Woodberry scored a season-high 17 points and had five steals against the Rams in starting just his second game since he lost his spot to Terry Nashif.

"I didn't really know my role," Woodberry said. "I am starting to get more confident with the offense."

Araujo scored just two points against CSU as he shot just 1-of-4 from the field.

"His first shot is really important to him," assistant coach Andy Toolson said. "If he makes that, it gets him going, and I think the other guys have more confidence in him."

BYU's biggest concern throughout the year has been at the power forward position. Sophomore Jared Jensen has been holding down the spot, but his natural position is the post.

Dalron Johnson scored 25 points against the Cougars in the first meeting between the teams because he was too quick for Jensen. Cleveland said he really doesn't know how to guard Johnson.

"We are going to do the best we can," Cleveland said. "I don't think we can change our whole system for Dalron. I just think we need to be better at what we do."

With a win, BYU would move to 4-0 on the road and 7-1 overall in conference.

The game will be televised on 30-minute tape delay on KUWB (WB30) at 9 p.m. It can also be heard on KSL News Radio 1160 at 8:30 p.m.

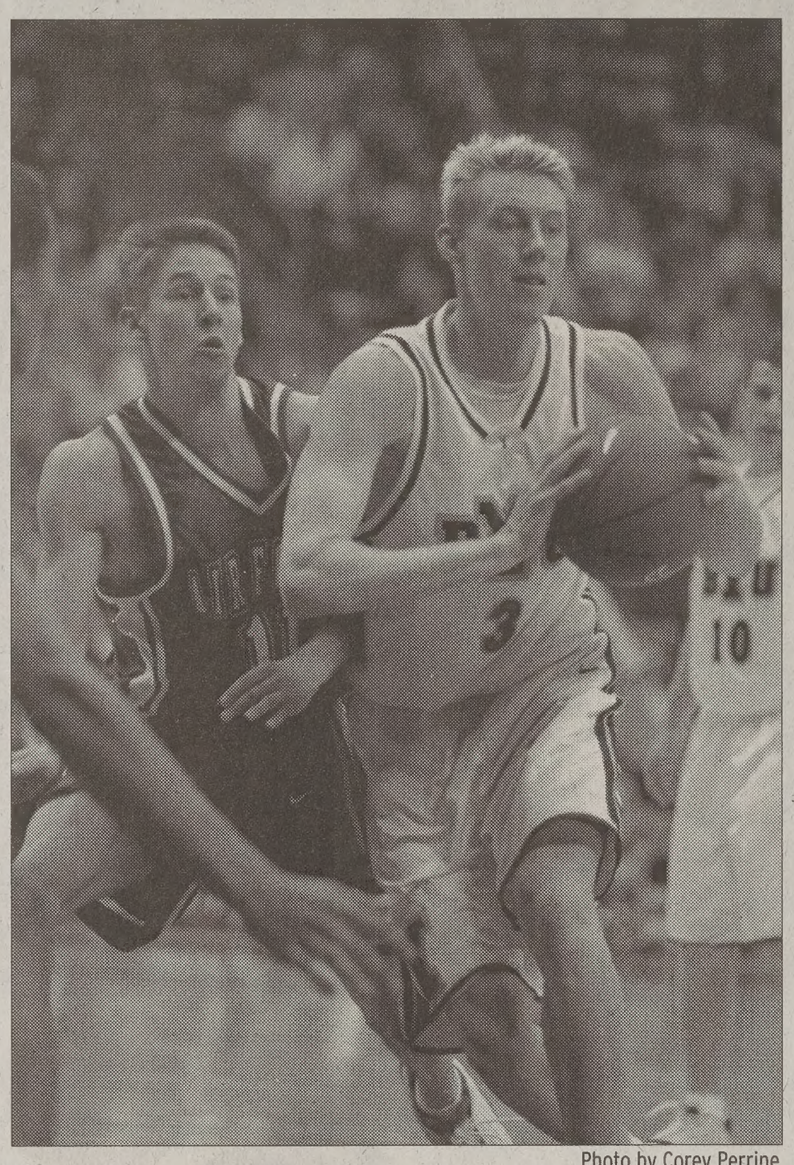

Photo by Corey Perrine

Mark Bigelow will be an important part of BYU's offensive production against UNLV tonight.

Diving finishes regular seas

By ALISON HULSE

For the first time ever, BYU's diving team will host Stanford in regular season competition today.

The two teams have competed against each other before, but only in the NCAA Zone qualifiers.

"We definitely compare with Stanford and that is one reason they are taking the time to come and compete against us," said Keith Russell, BYU diving coach. "Because of our record, Stanford's diving coach knows that we will have something to offer them. It is not very often that Stanford will come out for a competition."

The Cougar women have seized first place finishes in 12 out of the 14 dual meet competitions this season. Senior Kelli Einfeldt leads the team with three wins on the one-meter board and five on the three-meter.

Only once have the Cougar women left a dual meet this season without at least one first-place finish.

Einfeldt, the only Mountain West Conference diver to qualify for the finals in the three-meter event at the Speedo American Cup on Jan. 7, will bring some tough competition for Stanford in both the one and three-meter events.

Einfeldt's high score three-meter is higher th of Stanford's McKenze and her one-meter score just below Stanford's Rosenthal.

Rosenthal, a sophom her first invitational event when she captu one-meter event at th Diving Invitational in P Calif., on Jan. 18.

"Ashlee continued he dramatic improvement out the season last year become one of our to and an NCAA-level dive ford's coaches said on th web page. "She really p together last year."

Cougar fouls contribute to loss

By HILLARY WALLACE

LARAMIE, Wyo. - Wyoming's foul shots squashed a second-half comeback by the BYU women's basketball team, as the Cougars fell to the Cowgirls 66-59 Thursday.

"Wyoming came out in the second half more aggressive. They didn't let us get the ball down low, and that hurt us," head coach Jeff Judkins said.

Fouls committed by BYU proved to be the difference in the game as Wyoming knocked down 24 free-throw shots, and the Cougars only hit five from behind the charity line.

After five minutes of play, the Cougars led 14-7 on a three-pointer by senior guard Erin Thorn. But the Cowgirls charged back, cutting BYU's lead to 19-18 with 10 minutes left in the half.

Wyoming led for the first time of the half after two free throws by sophomore guard Ashley Elliott. The Cowgirls kept the lead until Thorn scored from long range to tie Wyoming at 32 going into halftime.

Foul trouble for the Cougars gave Wyoming 15 free-throw shots in the first half, while BYU hit only one free-throw shot.

Junior Ashleigh Chamberlain and senior Lisa Hansen, both forwards, picked up fouls early in the game, forcing BYU to rotate players off the bench.

BYU opened the second half with a small lead, but Wyoming turned up its offense with help from senior forward Ann McColl.

Fouls continued to plague the Cougars in the second half with Hansen picking up two more fouls and Chamberlain fouling out of the game.

BYU kept the score close but couldn't handle Wyoming's charge, led by McColl. The Cowgirls went on an 8-0 run before BYU junior guard Kestlee Nelson scored on an outside jump shot.

Thorn gave the Cougars hope by hitting three straight shots to cut the lead to five with five minutes left in the game.

BYU came within three points after an inside shot by junior forward Danielle Cheesman, but the Cowgirls hit four free throws to seal the win.

Thorn led BYU in scoring and rebounding with 17 points and six rebounds, and Cheesman followed with 14 points and five rebounds.

McColl led Wyoming in scoring with 18 points and Elliott added 13 points and a team-high six rebounds.

The Cougars hope to recover from Thursday's loss against Wyoming when they face Colorado State Saturday. The game will be broadcast at 3 p.m. on ESPN2.

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YU seeks improvement on last week's games

By STEPHEN VINCENT

t week, the BYU men's volleyball team ed against a scrappy UC San Diego . This week, BYU faces an even-scrap- fensive team in UC Santa Barbara.

like San Diego, Santa Barbara's defen- owess has not been met by offensive s. The Gauchos are currently 10th in untain Pacific Sports Federation with cord. Only USC (1-7) and San Diego (0- worse records.

Santa Barbara's defensive skills are to have BYU coach Tom Peterson wor-

ey may be the best team in the confer- fensively," Peterson said.

erson said he worries how his team will to the Gauchos' digs.

ran into that against San Diego," Peterson said. "They dug some balls that we didn't expect to be dug, and it will be more of the same against (Santa Barbara)."

Aaron Mansfield is the Gauchos' leading digger, averaging 2.3 a game, which ranks among the nation's leaders.

But Santa Barbara will be facing a BYU team that is quickly establishing itself as one of the best offensive teams in the NCAA.

BYU sophomore Michael Burke is second in the NCAA in hitting percentage, trailing only Mercyhurst's Austin Siewert. Cougar junior Jonathan Alleman ranks 16th in hitting percentage. As a team, the Cougars have the fifth-best attack percentage in the NCAA.

Santa Barbara has yet to find the go-to guy offensively. Instead, the Gauchos spread the offense around, making it unpredictable. Keith Busam, Michael Kennedy, Dan Terry and Justin Adams are the players that Gaucho setter Dane Jensen most frequently sets.

But despite its unpredictable offense, Santa Barbara has struggled, hitting just .243, more than 100 points lower than BYU's average of .345.

Meanwhile, Peterson said he isn't expecting the Cougars to have the same kind of letdown they did last week in San Diego. Against the Tritons, the Cougars routinely built leads and then allowed San Diego to come back.

"We didn't practice very well (before the San Diego matches)," Peterson said. "But we've had better practices this week."

Still Peterson and BYU are remaining focused on Santa Barbara.

"I don't think we'll look past Santa Barbara," Peterson said. "We've been focusing on practicing a little better. And I think that will show. We know we can't lose these matches."

BYU has won the last nine matches against Santa Barbara and leads the all-time series 14-12.

Santa Barbara's last win over the Cougars came on April 5, 1997, a 3-0 home win.

ceCats set for big n-state weekend

ATT HARGREAVES

ite the amount of red to this weekend, the Provo will feel no love lost in a of last week's rivalry gainst Utah.

last Saturday's hard- victory fresh in their the IceCats hope the yle of play will pay off eekend in two crucial at Utah tonight at 7 and the Utah State Aggies rday at 7:30 p.m. in the e Arena.

want to build on our success," assistant coach Perrett said. "We want out and play a physical, acking, disciplined hock- ."

ard-hitting play helped ats establish a physical e early in last week- me.

looking forward to physical game," junior Nathan Orr said. "We ie up their players."

beating Utah for the e in several years, Provo may have provoked the Utes into playing another physical game.

"They are going to come out hard," Perrett said. "However, they don't have the size to play that physical of a game. They usually throw some tricks into their game, like switching their goalie like they did last weekend, but we just have to play a disciplined game and we'll be fine."

Provo will have to play as equally disciplined against Utah State on Saturday. The Aggies have beaten the IceCats in three regular-season games this year with a combined goal differential of +11.

Despite the grim statistic, Provo has come on of late, going 4-2 in its last six games and having a goal differential of +11 in the last 10 games.

"When we played them (Utah State) in overtime, we completely dominated them," Perrett said. "They just got us in overtime."

This weekend's games are a crucial point for the IceCats and their quest to make the ACHA playoffs.

BYU athletes trying to qualify in Nebraska

By LINDSEY JOHNSON AND MICHAEL JACKLIN

With only two track meets remaining until the Mountain West Conference Indoor Championships, BYU's indoor season heats up as the the Cougars try to achieve more NCAA qualifying marks.

The team will travel this weekend to compete in the Nebraska Husker Invitational in Lincoln, Neb.

"This meet will provide us with a good chance to compete against a mix of good teams," women's head track coach Craig Poole said.

Three BYU athletes and the distance medley team have already posted provisional qualifying marks in the indoor season.

Junior All-American Michaela Mannova, qualified in the mile run at the Bodybuilding.com Invite with a time of 4 minutes 46:55 seconds.

Another successful athlete at the Bodybuilding.com Invite was junior Katie Martin from Fremont, Calif., who provisionally qualified in the 3000-meter run with a time of 9:32.01.

The third athlete to qualify was senior All-American Nikki Hughes. Hughes qualified in the long jump with a leap of 20-07 1/4.

The United States Track Coaches Association currently ranks the men's team third in the nation.

The rankings are based on team depth, performance and dual meet scoring potential.

"There will be great competition at the meet," men's head coach Mark Robison said.

The Cougars are led by a strong group of pole vaulters. Both sophomore Trent Powell and junior Erik Rasmussen cleared 17 feet 4.75 inches at last week's Mountain States Games and qualified for the national meet.

"There are probably eight or 10 pole vaulters that have cleared 17 feet that will be at this week's meet," Robison said. "It will be an incredible competition."

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COLLEGE GRADUATE (or soon to be) in microbiology needed FT to perform microbial testing and prepare samples for analysis in laboratory. Lab exp. Preferred. Must be detail oriented, self starting and able to communicate effectively both orally and written. Please submit resumes to resumes@youngliving.com, or fax 801-465-5424 No phone calls please. EOE.

CRUISE LINE Entry level on-board positions, great benefits. Seasonal/year-round www.cruisecareers.com. 323-644-2102

FULL TIME Acctg assistant. Proficiency in Microsoft Office & professional appearance req'd. Submit resume in person to Matthew btwn 9 AM & 1 PM. Office located at 3000 N Univ. Ave. Suite 200, Provo. 801.705.4424. www.caconstruction.com

CAMP COUNSELOR supervisor, Make a difference in someone's life while having the time of your life! Become a summer camp counselor or summer camp. Call KIDS TOGETHER at 801-487-0862.

WILHELMINA MODELS in Pulse Mgmt. Sponsors of Star Search looking for people w/ a great eye for finding talent. Amazing pay 1-888-727-6569

Office Support P/T flex hours, Excel, Mac & Customer Service skills required. Fun place to work. Springville location. Send resume to bbennett@rapidsurvey.com

PROPAY, IN Orem, is looking for a Customer Service Rep. who has experience in a call center, live chat, and email response environment. Part time position, Mon-Fri, 3:00PM-8:00PM, must type 35+ wpm (type tested). Interested applicants send resume to jobs@propay.com EEOE

URBAN MODEL And Film Models wanted! Open call. Utah's fastest growing agency. We book 1000's of jobs each month. All ages and categories needed. Up to $350/hr. We guarantee auditions. Call today!!! 344-0166

FT BRIDAL Consultant. Wage+comm+ bonuses.68 W Center,Provo.Bring resume

HARMAN REAL ESTATE ACADEMY
PRE-LICENSING SCHOOL. Get your license in 3 weeks or less. Call 224-2010

MOVIE EXTRAS/ MODELS NEEDED
No exp nec. Earn up to $150-450 per day!
Call 1-800-814-0277 ex. 1007

ADT APPT. SETTERS Hour + comm. Up to $15.50/hour. 226-3888.

ARE YOU LOOKING FOR A Great Job In Orem? Looking for a Biz-minded cple, indiv, or team w/ sales, mktg, bkkpg, comp. lit. exper. Position is property mgt. Includes lvg arrgmnt + salary. Opens Feb 15th. Contact Heather ASAP @ chocosta@charter.net, w/ resume. Or call 435-673-5151 home/ 801-227-7373 office.

2 Bdrm, 1 bth, in Spvl. New crpt, tile, appliance. W/D hk-ups. $595/mo. 427-8444.

INSTALLERS - Make up to $4,000/month + bonuses. No exp req. **377-5333 ext. 10**

ADMIN ASSISTANT
MS office a must, Quickbooks a plus
Email Resume heide@zionssecurity.com

PAID TO PLAY Outgoing, energetic individuals w/ sharp image. Robert 623-0372.

Sales/Marketing

AUSTRALIA/U.K. Major US company opening in the United Kingdom and Australia. PT/FT. Business & Marketing Professionals needed. Top income & benefits. *Call 801-310-6876*

Business Opportunities

WEAR & SELL designer-style jewelry at student prices. Set your own hours and your own income. Great opportunity! Call Megan @ 225-0608. Leave message.

FREE STOCKMARKET COURSE
636-0487

HOUSING

Housing

PROVO- 487 S. 450 E.Good land lord. 2 bd 1 ba, no smkg, pets $500. 222-9620

Men's Contracts

NELSON APARTMENTS- S/S $120 shared, $150 prvt. Yr-rnd $190 Large bedrooms & laundry facility. Call 374-8158.

Women's Contracts

ACAD-2 bdrm, 2 bth, DW, W/D, AC, cable. 3 S/S, F/W. Call: 374-9264/801-572-2876

BDA - 2 bdrm 1 bath, DW, W/D, AC, cable 1 S/S, F/W avail. Call 377-8162

15 DAYS FREE RENT remodl'd prvt rm next to Y. W/D, AC, DW $325 370-9792

SHRD RM 1st month rent FREE. No deposit. Brand-new complex. Available now! Amy 356-1599.

DRASTICALLY REDUCED price Close to Y, great ward, 2 openings avail. 225-0146

2 PVT rms for rent. W/D, free cble. Close to BYU & UVSC. Only $260/mo. 367-7121

MAIN FLOOR prvt furn rms $290. Mature students. 2 blks to BYU. Util. incl 373-4151

Condos For Sale

PROVO- LA JOLLA CONDOS Next to Y. 3 BD,2 BA,Prvt cellar. $155 obo. Includes Furn & appliances Call Sheldon 427-4660.

PARENTS LOOKING FOR A CONDO?
Let us email you a list of BYU apprvd condos.
Y RENT? BUY A CONDO ZERO DOWN!
Co-signers OK! Payments start at under $500/month! Can Email info fast/ free! **BYUrealtor.com**; Scott 373-2444.

Couples Housing

IND HILLS 7bd 3ba $1275/mo (562)-335-8776 or 607-1680 Fam only

2 BDRM 1 bth Apt. W/D hk-ups, lrg yrd, off st prkng,Cls to Y.$510. Marlo 607-2930

AVAIL MARCH 1- 2 bdrm basmnt apt. $500/mo includes util. Call Clark 636-2294

2 BDRM, 1 BTH. $495/mo. $450/dep. 1551 S 450 E, Orem. 221-7071- 224-5107

AMERICAN FORK HOUSE- 3-1/2 bdrm, 2 bth, 2 car garage, fenced, swing set, AC. Lost of storage. $1200 mo. 372-8583.

PROVO- Lg 2 bd apt AC, DW, W/D hkups $530/mo. Avail now. **756-9203** or **377-5834**

PG 2BD 1.5 ba. townhouse. $595/mo 607-1680 or (562) 335-8776

PROVO 2 bdrm- 351 E Center. AC, $685+ utils. Avail March 1. Call Patrick 375-2412.

NICE 1 BD FAMILY APT Only $465/mo. Avail ASAP. Call now! 836-1417 Spencer

LARGE 1 bd Apts- $430/mo. $200 dep, most utils incld.Mo. to mo lease. 374-0541

PROVO, 2 Br poss. Mgt. & rent assist. $635. 373-0739 or 804-744-2372.

2 BD apt. Newly remdld. $550/mo. $550 dep. Laundry on premise. 368-0497.

2 BDRM, 1 BTH new paint. w/d hkups. nice. $500/mo + dep. Call 489-4599.

SPRING/ SUMMER FAMILY HOUSING
2 Bd Furnished apts. $400/mo. + electric bill only. Included in rent: Gas, local phone and cable. ***Call 371-6150 for more info.***

MARRIED HOUSING, 2bdrm duplex w/basement, new carpet & paint, water, sewer & laundry included. 1 mi to BYU. $540/mo. Call Kira or Justin @ 801-623-3737 or kal48@byu.edu

APARTMENTS ARE currently available at Wyview Park and Wymount Terrace (on-campus family housing).
For more information contact the Campus Accommodations Office at **housing@byu.edu (801) 378-2611**
Toll-free (877) 403-0040.

Unfurnished Apts.For Rent

SPRINGVILLE DUPLEX - 2 bdrm/1 bth, W/D furn., fenced yrd. No smoke/drink/ pets. $400 dep. $600/mo. 489-7437

OREM 2 bd townhouse. DW, W/D hkups. $575. Property Assoc. 785-2580

OREM 2 bd upstars 4-plex, W/D hkups, cooler, $535. Property Assoc. 785-2580

OREM SE 2 bd upstairs 4-plex. New DW. $585. Property Assoc. 785-2580

STUDIO APT- $380/mo, $200 dep. Most utilities pd. Month to mo. lease. 374-0541.

Furnished Apts. For Rent

APTS IN AF, PG & Provo, furn or not. $350-$700. 373-2294.

House For Rent

NEW DUPLEX ON MOUNTAIN S Provo. 1 person: 2 Prvt rms. Prvt bath, shrd kitchn, Free cable/intnet $399 367-9039

RENT - LEASE - BUY 2700 sq ft home. $800/mo. 10 miles from BYU. 815-0503

MERCHANDISE

Jewelry For Sale

SOLITARE ENGAGEMENT RING 1.15 carat princess cut diamond 14 carat gold cathedral setting. Call Rich @ 699-4586

Diamonds For Sale

.80 CT Marquise Diamond Solitaire, vvsi quality. Great Price! Call Cindy 636-0564.

RING SHOPPING? GETTING MA...
I can beat any jewelers estima... same ring by $300 guarenteed...

Diamonds Wholesale - Grid to ... All sizes/shapes. 43 SI-2 G R... 1.01 SI-3 G Princess $2550. John: 768-3463 or Steve: 253-12...

Wedding Dresses

BRIDAL DRESSMAKING & DE... picture. Perfect fit, Uniquely your... Prom, Bridesmaids, etc. Connie ...

Furniture For Sale

BEAUTIFUL QUEEN Double-sid... top mattress and box. Brand new ... tic. Retail $700 must sell $275. ...

Recipe of the Week

MOM'S MACARONI A... CHEESE
(Wonderful homemade good...

1-1/2 cups uncooked elbow ma...
5 Tlbs butter or margarine, ...
3 Tlbs all-purpose flour
1-1/2 cups milk
1 cup (4 oz.) shredded chedd... cheese
2 ounces process American ... (cubed)
1/2 tsp salt
1/4 tsp pepper
2 Tlbs dry bread crumbs

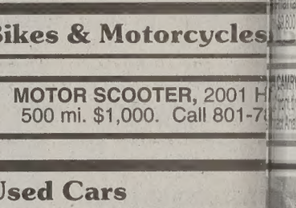
Cook macaroni according to ... directions; drain. Place in a gre... 1/2 qt. baking dish; set aside. ... sauce pan, melt 4 tablespoons ... over medium heat. Stir in fl... smooth. Gradually add milk; b... boil. Cook and stir for 2 minutes ... heat. Stir in cheeses, salt and ... until cheese is melted. Pour o... aroni; mix well. Melt the remai... ter; add the bread crumbs. ... over casserole. Bake, uncov... 375 degrees for 30 minutes.
Yield: 6 servings.

VEHICLES

Bikes & Motorcycles

MOTOR SCOOTER, 2001 H... 500 mi. $1,000. Call 801-7...

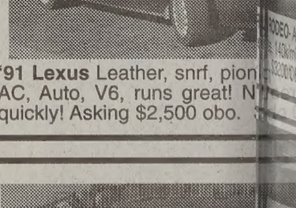
Used Cars



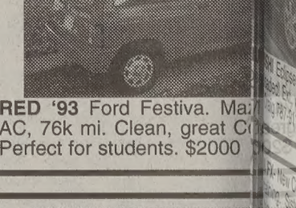
2000 KIA SPORTAGE Exc. c... a/c, pwr locks & win. 25Km... obo. Call Ryan 356-1444 or 4...

'89 HONDA Accord Hatchba... OBO. Runs great. Kevin: ... Leave message.

'90 CHEVY LUMINA. 4-do... Seats six. Only 86,000 mi. ... very good condition. $2000 ...



'91 Lexus Leather, snrf, pion... AC, Auto, V6, runs great! N... quickly! Asking $2,500 obo. ...

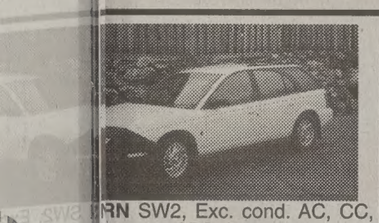


MUST SELL!! 2000 Daew... SE; power everything, 50k, ... try, excel. cond. $5500 **Call ...**

RED '93 Ford Festiva. Ma... AC, 76k mi. Clean, great C... Perfect for students. $2000 ...

'95 JEEP Grand Cherok... 70k mi., new tires, V6, pow... Black, $7500/OBO. Call ...

MUST SELL '92 Mitsubis... Runs great Pwr locks/wi... $2995 obo Susan 343-3543...



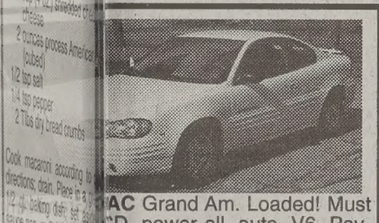
RN SW2, Exc. cond. AC, CC, uto, 4w ABS, keyls ent, secur- k hwy mi. $4900. 812-0124

OTICE that anyone driving an you is an idiot, but any- faster is a maniac?

E EXEC! LEATHER! CRUISE LI PRO SPORTS OWNER D 226-3019 OFFERS **

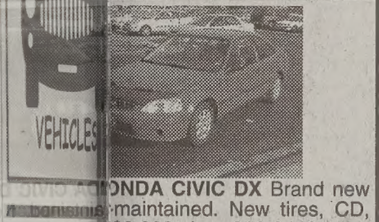
PONTIAC SUNFIRE. Up to must sell, 4-dr, Extra set es. $6200/OBO. 375-3647

RD - 1991, great condition, ning, all power, V6, 3.8 liter, mi. Call 607-0286



AC Grand Am. Loaded! Must CD, power all, auto, V6. Pay- Rockey 373-0823 Lv msg.

E GRAND CARAVAN LE 06K, all power, rear A/C, 5. Call 344-8825.



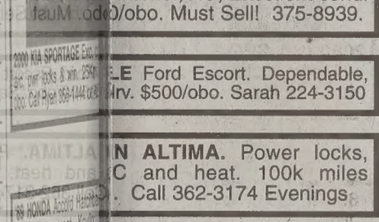
ONDA CIVIC DX Brand new maintained. New tires, CD, $9,800 obo. 376-2440

CAMRY 1988. New battery front tires, auto, $1500. act Anabelle 370-2089

L'96 Toyota Camry. Dark interior, AC. Excellent cond. /obo. Must Sell! 375-8939.

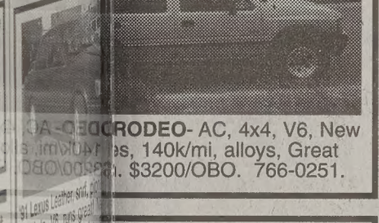
LE Ford Escort. Dependable, rv. $500/obo. Sarah 224-3150

N ALTIMA. Power locks, C and heat. 100k miles Call 362-3174 Evenings

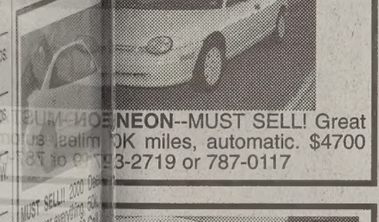


brand Cherokee. black, exc. wymi. 4x4, V6, custom CD, $10,650 obo 787-5430

RODEO- AC, 4x4, V6, New s, 140k/mi, alloys, Great n. $3200/OBO. 766-0251.



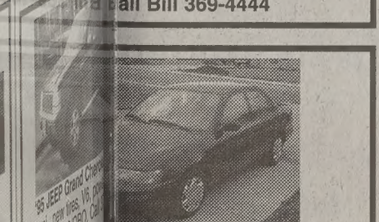
NEON--MUST SELL! Great K miles, automatic. $4700 3-2719 or 787-0117



HISHI Eclipse GT. V6, auto loaded! Ext. warr. coverage Craig 787-9110, 375-9111

N FX- New Cond, 60K mile maining. Sister Missionary this car. Alarm, sun roof, mags, loaded. $9,995.00. ail Bill 369-4444

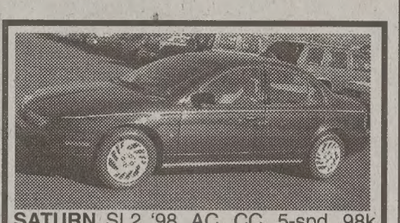
Corolla, 4-dr, blk 108K a/c, abs, cd, p/w, p/s, p/l, $5550 obo 435-901-3878



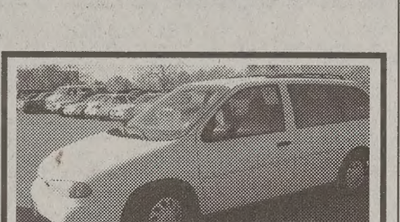
X2 - Sporty & Economical, 80,000 miles, 6 disk CD, $8,000. 375-4498

92 HONDA CIVIC white, auto, 160K mi. 4-door, cd player. Runs well, Very reliable. $2750 o.b.o. Call Dan 687-2487.

'93 FORD TAURUS New engine & trans. Nice ext & int. Runs well. $3000 obo. Call Dave or Karen 342-4910.



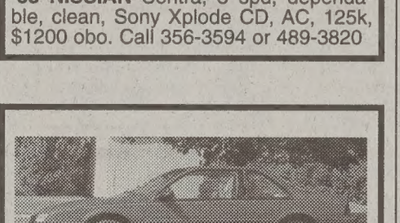
SATURN SL2 '98. AC, CC, 5-spd, 98k hwy/mi, exc cond, dealership serviced, very clean. $4750 (801)687-1223



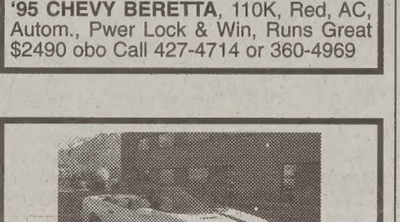
'98 WINDSTAR GL. 127k mi, but new parts. Rfrk, tint, exc. cond. $7000 obo. 798-8535 or 422-7539

$7,900 RANGE ROVER COUNTY Auto start,limo tint, magna flow, 4wd, great stereo MP3. 473-4593 Call Jon

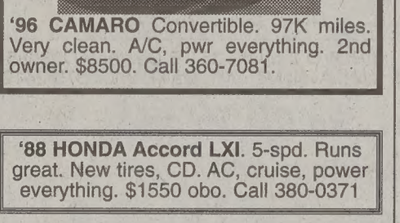
'88 NISSIAN Sentra, 5 spd, dependable, clean, Sony Xplode CD, AC, 125k, $1200 obo. Call 356-3594 or 489-3820



'95 CHEVY BERETTA, 110K, Red, AC, Autom., Pwer Lock & Win, Runs Great $2490 obo Call 427-4714 or 360-4969

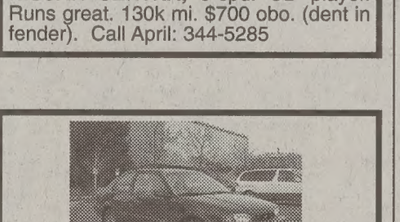


'96 CAMARO Convertible. 97K miles. Very clean, A/C, pwr everything. 2nd owner. $8500. Call 360-7081.



'88 HONDA Accord LXI. 5-spd. Runs great. New tires, CD. AC, cruise, power everything. $1550 obo. Call 380-0371

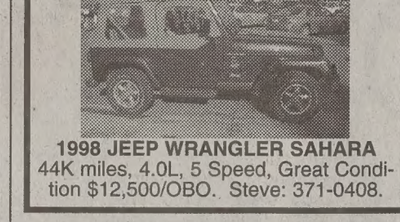
NISSAN SENTRA, 5-spd. CD player. Runs great. 130k mi. $700 obo. (dent in fender). Call April: 344-5285



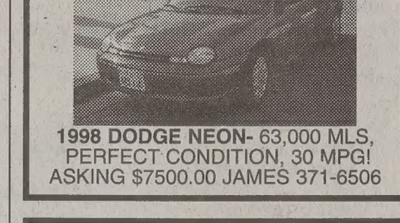
'96 TOYOTA TERCEL - Great condition, 98k mi. auto, AC, snow tires, original owner. $3800 obo. Call 343-7710

98 FORD CONTOUR, 79K, 0 problems, auto, well maintained, $5500. 371-2688/ tkw9@email.byu.edu

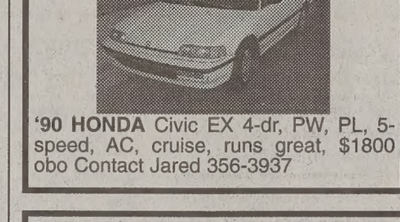
'98 FORD CONTOUR. 72k mi. Good Cond. $5500. Call Sunny 379-4116.



1998 JEEP WRANGLER SAHARA 44K miles, 4.0L, 5 Speed, Great Condition $12,500/OBO. Steve: 371-0408.



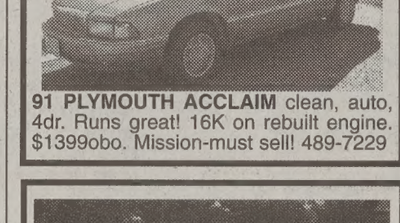
1998 DODGE NEON- 63,000 MLS, PERFECT CONDITION, 30 MPG! ASKING $7500.00 JAMES 371-6506



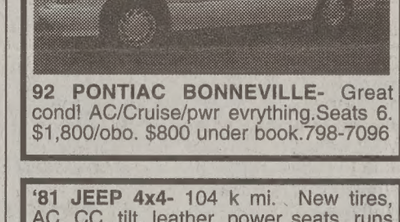
'90 HONDA Civic EX 4-dr, PW, PL, 5-speed, AC, cruise, runs great, $1800 obo Contact Jared 356-3937

'95 FORD TAURUS GL. Auto, dark green, pwr locks & win., AC, cruise control, 59k mi. $4800 obo. Call 356-1407

95 JEEP GRAND CHEROKEE LMTD V8, auto, exc. cond, leather int, pwr everything. Call Steve 358-3673. $8,100.



91 PLYMOUTH ACCLAIM clean, auto, 4dr. Runs great! 16K on rebuilt engine. $1399obo. Mission-must sell! 489-7229



92 PONTIAC BONNEVILLE- Great cond! AC/Cruise/pwr evrything.Seats 6. $1,800/obo. $800 under book.798-7096

'81 JEEP 4x4- 104 k mi. New tires, AC, CC, tilt, leather, power seats, runs great. $1300. Call 921-2600.

94 MERCURY TRACER, 50K miles New brks, clutch. AC/PS, cassette Clean. $2500 obo 859-2902, 486-3702

'98 HONDA CIVIC DX, 5-spd, 2-door, AC, 60k mi, $8500. Great Condition. 836-4721 or 836-4722

'00 NISSAN Xterra XE, V6, 4WD, white, running boards, brush guard, 18k mi. Perfect condition-$17,500. 435-645-7068

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- Run it until it sells* all for

$35

*2 month maximum run, 20 day renewal, no refunds
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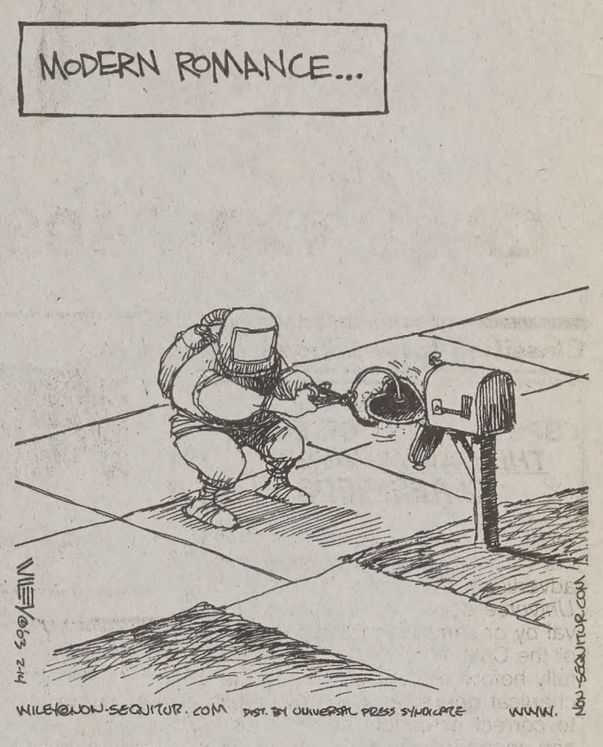
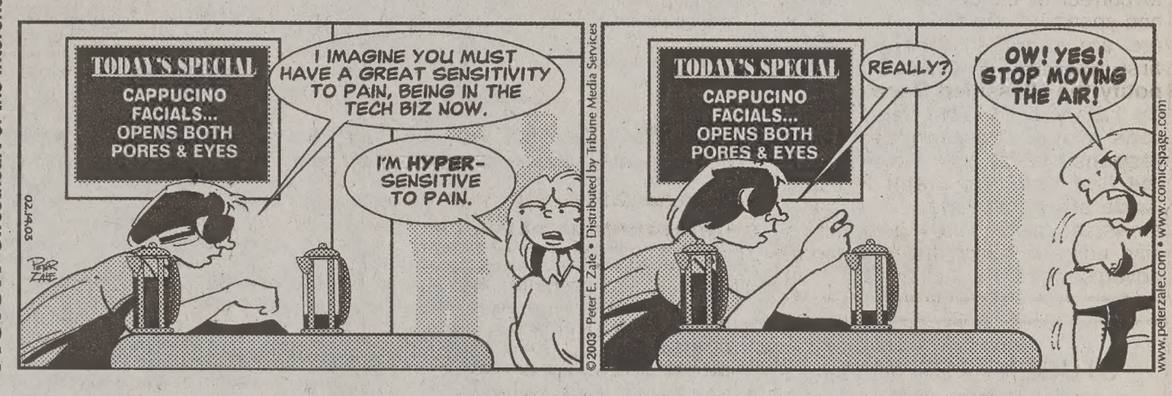


Helen Sweetheart of the internet®


TODAY'S SPECIAL
CAPPUCINO FACIALS... OPENS BOTH PORES & EYES
I IMAGINE YOU MUST HAVE A GREAT SENSITIVITY TO PAIN, BEING IN THE TECH BIZ NOW.
I'M HYPER-SENSITIVE TO PAIN.
REALLY?
OW! YES! STOP MOVING THE AIR!
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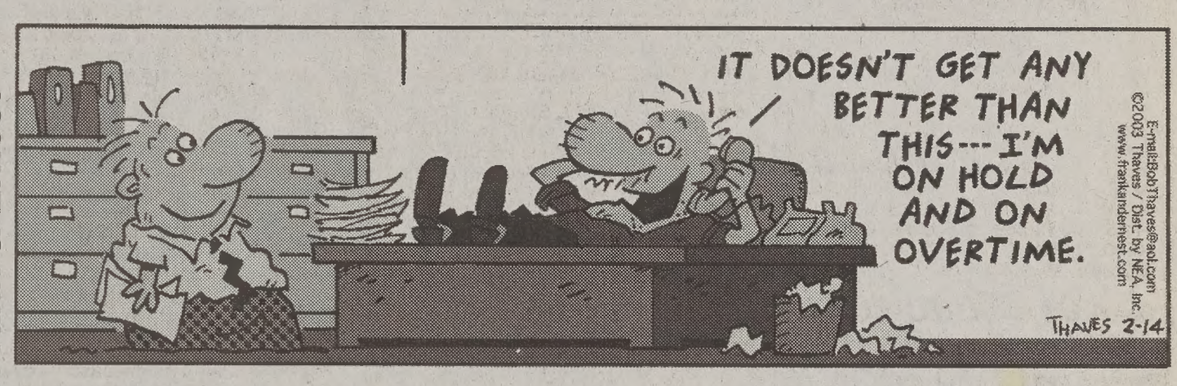
www.fborama.com

Frank & Ernest®



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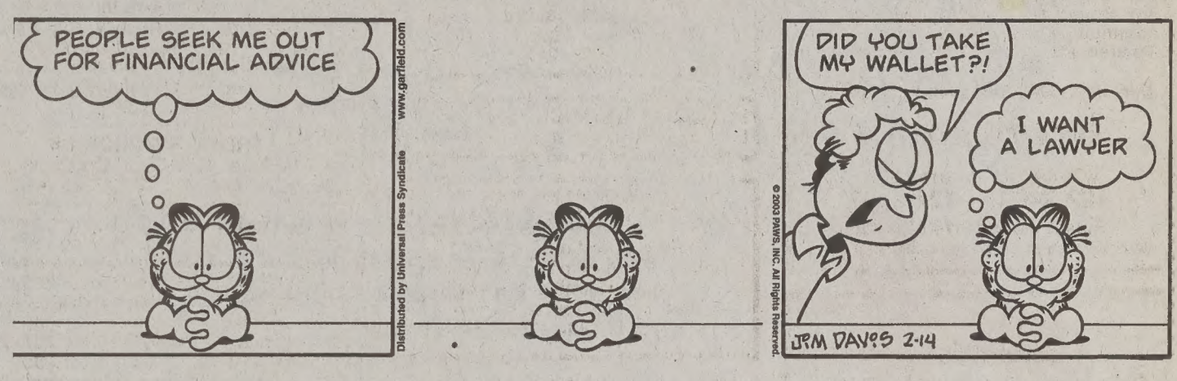
PEOPLE SEEK ME OUT FOR FINANCIAL ADVICE
DID YOU TAKE MY WALLET?!
I WANT A LAWYER
JIM DAVIS 2-14
Distributed by Universal Press Syndicate
www.garfield.com

Peanuts®

AND I GOT A VALENTINE FROM DONNA, AND FROM AMY, AND FROM JILL...
AND I GOT ONE FROM CHARLENE, AND FROM MARTHA, AND FROM...
IT'S VERY GAUCHE TO BRAG ABOUT ALL YOUR VALENTINES!
IT IS?
OH, WELL! AND I GOT ONE FROM JOAN, AND FROM QUINTANA, AND FROM MEREDITH, AND FROM...
SIGH
www.snoopy.com 2/14/03
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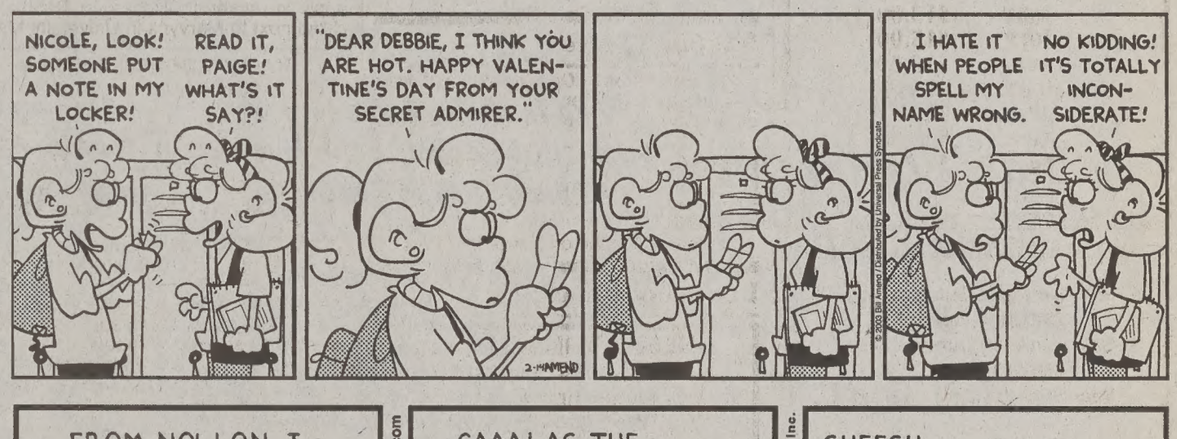
Foxtrot®


NICOLE, LOOK! SOMEONE PUT A NOTE IN MY LOCKER!
READ IT, PAIGE! WHAT'S IT SAY?!
"DEAR DEBBIE, I THINK YOU ARE HOT. HAPPY VALENTINE'S DAY FROM YOUR SECRET ADMIRER."
I HATE IT WHEN PEOPLE SPELL MY NAME WRONG.
NO KIDDING! IT'S TOTALLY INCONSIDERATE!
2-14

Dilbert®

FROM NOW ON, I WANT YOU TO STAGGER YOUR LUNCH HOURS SO SOMEONE IS ALWAYS HERE.
GAAA! AS THE LOWEST PERSON IN THE PECKING ORDER, I WILL NEVER KNOW IN ADVANCE WHEN I CAN EAT!!
SHEESH, TAKE A PILL.
IT IS THE END OF ERRANDS AS I KNOW THEM!!
www.dilbert.com
scottadams@aol.com
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The New York Times Crossword

Edited by Will Shortz

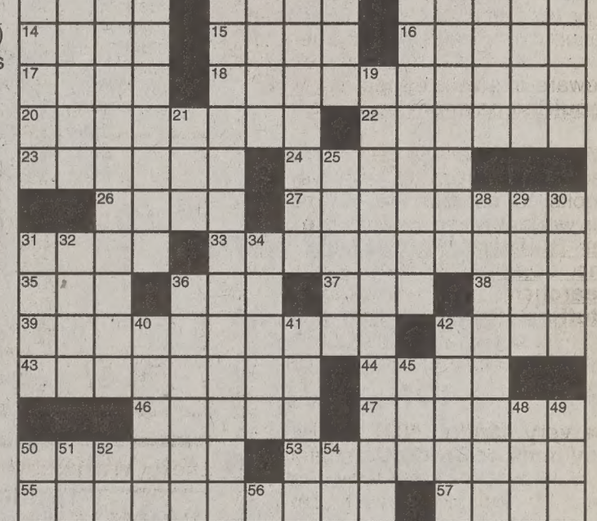
No. 0103

ACROSS

1 Stationer's stock
5 Not choppy
9 F.D.R.'s Interior secretary
14 Robert ___ Prewitt ("From Here to Eternity" soldier)
15 Latin trio part
16 Banned blocks
17 Like some D.A.'s
18 Spark plug, so to speak
20 Not straight
22 Brooks
23 Game stickers?
24 Unlit?
26 Show respect, in a way
27 Some barometers
31 ___ Sea (Amu Darya's outlet)
33 Surgeon's wear
35 Down
36 Guitarist Montgomery
37 VCR speed measure: Abbr.
38 Actress Vardalos of "My Big Fat Greek Wedding"
39 Chain reaction facilitator
42 Chop order
43 Way to get one's message across
44 Wishes undone
46 Best dishes, perhaps
47 Peeved
50 ___ National Battlefield in Mississippi
53 Where someone may get a buzz
55 Elliptical comment on local customs
57 "___ Heartache" (#1 country hit for Janie Fricke)
58 Special qualities
59 Rounded end
60 One of the Waltons
61 Sleep on it
62 "It ___ so"
63 Successor of Mao

DOWN

1 Loud bursts
2 "Matter of Fact" columnist
3 Bonnie and Clyde, e.g.
4 Cast off
5 Pick from a deck
6 Billet-doux writer
7 Remote-sensing orbiter
8 Fight site: Abbr.
9 They may come off a shelf
10 Procter & Gamble brand
11 Hanged pirate
12 Modern pentathlete's need
13 Former union mems.
19 Action that may produce a reaction
21 Return addressee?
25 Baseball great Buck
28 Radio wave reflector
29 Early sixth-century year
30 Bean of "The Lord of the Rings"
31 "Stat"
32 Pro ___
34 Cottonwood's cousin
36 Things you want
40 Legendary capital of King Agamemnon
41 Mature insects
42 On-line?
45 Balzac's "___ Double Famille"
48 Biological stain
49 String sound
50 "Jabberwocky" starter
51 "No way"
52 Member of la famille
54 Mass exodus preceder?
56 N.Y. engineering sch.



Puzzle by Jim Page

ANSWER TO PREVIOUS PUZZLE

L	A	B	S		D	A	H	L		M	E	M	O	S
E	L	E	C		A	G	E	E		A	L	A	N	A
T	A	R	O		R	U	I	N		R	E	C	A	P
S	M	A	R	T	C	A	R	D		I	M	A	N	
G	O	T	N	O		L	E	N		R	D	S		
O	S	E		W	H	O	S		R	E	T	O	O	L
		L	E	A	K	A	G	E		I	N	F	O	
I	N	T	E	L	L	I	G	E	N	T	L	I	F	E
N	O	U	N		T	E	A	R	O	U	T			
S	T	R	O	V	E		S	E	W	N		S	R	A
T	A	N		E	R	S			I	M	P	E	L	
	R	I	T	E		W	I	S	E		C	R	A	C
M	I	T	E	R		I	D	E	S		B	R	A	Y
A	Z	U	R	E		S	E	A	S		I	T	L	L
T	E	P	I	D		H	A	L	E		G	A	L	S

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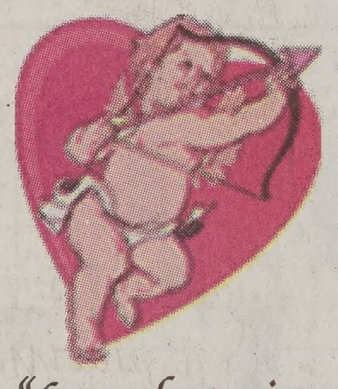
Crosswords for young solvers: The Learning Network, nytimes.com/learning/xwords.

Love Lines 2003

"Hearts will never be practical until they are made unbreakable."
•Wizard of Oz• The Wizard of Oz

"I am just a girl standing in front of a boy wanting him to love her."
•Anna Scott• Notting Hill

"You said you couldn't be with someone who didn't believe in you. Well I believe in you. I just didn't believe in myself. I love you. Always."
•Blaine• Pretty in Pink



"Love has given me wings so I must fly."
•William• A Knight's Tale

1st Place

❦ **SWEETIE** - I am still waiting by the window, eating my bonbons and petting my cats - hoping you will see me and propose. Please come soon. My love grows each day, as well as my waistline and the hair balls. **Luv, Anna N**

2nd Place

SBADGER- "I just called to say I love you" & to let you know that "you are my sunshine," you're the "best I've ever had" & "all I want is you." "Time after time" "you make me feel like a natural woman." With "every breath you take" I want "to make you feel my love." "You're my inspiration" because "God must have spent a little more time on you." "Truly, Madly, Deeply," **Skyview #2 T**
P.S. "Cowboy take me away" because "I'm right here waiting for you." T

3rd Place

PROFESSOR DAMRON
you're a hottie!
Will you be my Valentine? N

If you are a winner please come to 5538 WSC to claim your prize!

SMichelle- Do you hear the words coming out of my mouth? I love you! **Andrew**

DEAREST DESMA, Thou art a special beauty. Lovely any way I gaze upon thee. With affection, Nathan

"Nothing spoils the taste of peanut butter like unrequited love." •Charlie Brown

Roses are Red, Violets are Blue, Words cant begin To express how I love you, The brightest days of my life, Have been since you became my wife. I know you willl always make me happy and I will strive to do the same for you. **-Your Love Monkey**

The fragrance always stays in the hand that gives the rose.
-Hada Bejar

❦ HAPPY VALENTINES DAY ❦
Kira ♥ Cheltsey ♥ Courtney
" I love you! "
Grams

"I think you're supposed to get shot with an arrow or something, but the rest of it isn't supposed to be so painful." -Manuel, age 8

TIGER- I LOVE TO SEE YOU HAPPY! I'LL WORK FOR THAT. ilovu! ➳ ♥ ❤

Where there is love there are always miracles.
-Willa Cather

Renee-You tripped me, I fell for you. You stole my couch & my heart. You won at darts & won me over. I love you. Love **Rob**

"And in the end, the love we take will be equal to the love we make." •The Beatles

Babe 'o' licious, My love for you is as the eternal dance of the heavens. . . Your love warms and moves me just as the sun gives beauty and life to all the earth. In turn the beauty of the earth glorifies the sun with all of its splendor and majestic creations, .. so I hope to live to glorify your enabling love. Love, **Boo Boo S**

❦ **Karen, Amber, Staci, Missy, Jill, Brittany, Crystal, Bonnie, Rachel, Belinda, Anne, Tristen, Aimee, Kristin, Shannon, Tara, Nadine, and Ellen:**
You each brighten my day as I come to work. To the special gals I work with everyday. **Happy Valentines Day!**
Love Jason ❦

SNICOLESIE, you have made me happier than ever before. I love your eyes & smile. I love you. Your **Googlybear S**

Love Doesn't make the world go round. Love is what makes the ride worthwhile.
-Franklin P. Jones

IT DOESN'T seem so long ago. That we were dating and engaged. Now four years later, plus two girls. Our lives couldn't be more changed. Between diapers, mess and losing weight. I would not change a thing. But if I got a live-in maid...Just think how clean the toilet would be! I love you, **Spencer, S Lydia**

"Any time not spent on love is wasted." •Torquato Tasso

TO THE BOYS, Thou art like a tune, Coming from the moon, In the month of June. Love, MAL

"The first duty of love - is to listen."
•Paul Tillich

❦ *mShawna, Natalie, and Ashley Dawn- Hope that you have a great Valentines Day!!! Love, Jason M* ❦

ASHLEY & EMILY, Thou art the cutest pair, From eating out to drying your hair, I've had an EXCELLENT time with you this year.

JENNY REBECCA: Though we call thee Griff, my friend, Thy femininity has no end, Thou art comparable to none, Happy birthday twenty-one.

"The only thing we never get enough of is love; and the only thing we never give enough of is love."
•Henry Miller

REGENCY 62- Lesli, Martha, Erin & Sarah: Will you be my Valentine? I promise to be sweet, kind, nice & loving! I'll make u smile & laugh if only u'll be mine!

Eye glove sheep- I glove sheep- I glove ewe- I love you-Hey, **I love you Jeanna!S**

APT B-- Hey roomies! Just to let ya'll know that despite the "guaranteed pain" by living in B, you're THE BEST! **SKaren**
P.S. Hayley, you still owe me ice cream Tee Hee!

"LOVE CONQUERS ALL." •VIR•
CIL

Kathryn, No Mountains, Valleys, Rivers, Lakes, Oceans nor Continents that separate our beings this Valentines Day could ever separate my love for you. I am yours FOREVER my beautiful angel! Love, Luke

Q Q *QDEAR JKJ, I love you. Happy Valentines Day. -L.C.* **QQQQ**

DEAREST SHUG, Thou art a spring of summer in winter, a friend for every fall. (and HOTT any time of year) Q, MAL

KAI- Well, It looks like eternity from here. I love you always and forever- ♥ **Lani**

My Dearest Wayne,
You know I drive a piece of hud, but I think you are one hot and sexy Stud!
1,2,3!
Love, Ashlyn

S S S S NAFEN S S S S
I love you more and more each day. You are my best friend, I'd follow you even further than China just to be with you. Happy Valentines Day, **NICHOLE N N N N**

SQUIRES-CHAN, for you a haiku:
You are a monsoon
We watch you with enchantment
Half-Japanese girl Q

"Time is too slow for those who wait, too swift for those who fear, too long for those who grieve, too short for those who rejoice, but for those who love, time is eternity."
•Henry Van Dyke

Doug Mumford (aka Adam Berger)
You're a cake-eater!

DEBRA- I love U, you're beautiful, you're wonderful; I'm madly in love w/you. **-John**

A MAN is like a fine wine. It's a woman's job to stomp on him and keep him in the dark until he matures into something she'd like to have dinner with! -Anonymous- S

"Gravitation can not be held responsible for people falling in love." •Albert Einstein

TO THE 6TH WARD Relief Societies,
We love you and appreciate all you do!
The Elders Quorum

KURT, You are my true love bug, and we fit together so snug. So meet me at home around 7pm, for the beginning of a night in love Heaven. **Love Jes N**

"For one human being to love another: that is perhaps the most difficult of our tasks; the ultimate, the last test and proof, the work for which all other work is but preparation."
•Rainer Maria Rilke

"I'm not rushing into being in love. I'm finding fourth grade hard enough." •Regina, age 10

TO MY ANGEL CHOIR: With EVERY KISS I GIVE YOU, I FEEL YOUR WARMTH. **T KAREN**

CADET, It will never get very boring! **1L**
N N N

EpRINcess, Love is the essence of life.
Thanks for helping me live.

To my Stu –
Thanks for your beautiful hands, perfect eyebrows & HUGE Lungs! Camping or Bust!
❤ *Shan*

GRANT- I love you forever Our love is the endless sea, strong as the biggest wave. All males know I'm marrying him so don't even bother! Oceans of love **Sonrisa S**

Mother, Dear Mother, I love you so much! Judy, Wonderful Judy, I love you a bunch! I pray "Thanks" that I belong to you, for my life is better because of you two! Love, Laura

Ryan Clark
You Traitor!!!!!
You promised to always be with your girls, all of your girls mind you, and now we find out you're are going to marry just one of us!!!!
How can life go on without you?
Shan, Sway, Kris, Lulee & B
p.s. Best of Luck to you and G, we love you both!

Scotty, you can be my cowboy anytime. See ya back at the ranch at 5:00pm-**SBT**

MERV, When we're together all I want to do is 'frost cookies'. You've made all my dreams come true, I love you more! **Barb**
T S T S T S T

"I may not be a smart man but I know what love is".
Forest Gump

"Faults are thick where love is thin."
•English Proverb

♥ ♥ ♥
HAPPY VALENTINE'S DAY
To a great Classified Crew that do such a great job!
Here's to you:
Karen, Jason, Amber
♥ ♥ ♥

"People think that love is an emotion. Love is good sense."
•Ken Kesey

❤**HEATHER,** Nice Shoes! Who would have known a dumb pick-up line could go so far! Thanks for saying yes.**T Rick T**

HEY COOL RABBIT- I LOVE YOU 20.
For time and all eternity. **- Gazelle ♥**

"Do you love me because I am beautiful, or am I beautiful because you love me?"
-Cinderella

JUSTIN PUCHAR- Ever since we met online. My life hasn't been the same. You always make me feel like a champion.

"The heart has reasons that reason does not understand."
•Blaise Pascal

"I knew the fir… time I saw her… It was like com… ing home, only … no home I'd ev… known. I was… just taking he… hand to help h… out of a car an… I knew. It … was...Magic."
•Sam• Sleepless in Seattle

"The greatest thing you'll ev… learn is just t… love and be lov… in return."
•Christian• Moulin Roug…

"Death canno… stop true love… All it can do … delay it for a … while."
•Westley• The Princess Bride

"I love you. … You...complet… me."
•Jerry• Jerry Maguir…